

# THE PORTUGAL News

Portugal's National Newspaper in English

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REAL ESTATE

## Portugal has 207 crisis points

Portugal has 207 points  
susceptible to terrorist  
attacks or natural  
catastrophes, a study  
published this week has  
found. (See Page 4)

## Experts say 8.5 Algarve quake would kill thousands

Researchers who  
compiled the Tsunami  
and Seismic Risk Study  
for the Algarve(ERSA),  
on Wednesday said an  
earthquake similar to the  
1755 one recorded in  
Lisbon would kill 3,000  
and leave 27,000  
homeless in the Algarve.  
Portimão and Armação  
de Pera will be the worst  
affected areas. (See  
Page 5)

## Rotweiller attacks on the up

Considered by  
Portuguese law as a  
'potentially dangerous'  
breed, there have been,  
over the past 12 months,  
five attacks by  
Rotweillers in Portugal,  
all separate incidents,  
one of which left a 60-  
year-old woman dead.  
(See Page 9)

## FC Porto tops sporting achievement table

According to a study  
conducted by  
consultancy firm Deloitte,  
FC Porto is currently the  
highest ranked team in  
the world when it comes  
to clubs who have  
performed best the past  
decade. (See Page 64)

## Seven day weather outlook

**Lisbon:** After a rainy start  
to the weekend, the sun  
will arrive in the capital  
on Sunday, though cloud  
will dominate for much of  
the week. Temperatures  
will rise and vary  
between 17° and 19°.

**Faro:** While  
temperatures will vary  
between 18° and 19°  
over the next seven days,  
rain and heavy winds will  
mark most of the  
weekend, only to end  
next Monday. In **Oporto**,  
rain will dominate much  
of the next seven days.  
Thermometers will sit  
between 14° and 17° in  
the coming week.

**Readers'  
Offers  
See  
p. 57**



**READER OFFER:**  
Special Health  
Insurance  
see  
page 21



**Home  
Insurance**  
underwritten  
by Lloyds of  
London  
see p. 12



up to  
**40%**  
off

**Motoring classifieds**  
See p. 61



**Figures released this week reveal strong changes  
in the way Portugal's economy functions**

# CHANGING FACE OF THE ECONOMY



Prime Minister José Sócrates listens to the testimony of one of the pupils  
involved in the youth educational programme Infojovem, presented this week at  
Lisbon's Parque Expo. (Photo: Lusa/ Tiago Petinga)

Portugal was this week  
revealed to be a more  
attractive destination for  
foreign direct investment  
than fellow European  
states such as Austria,  
Denmark, Norway or  
Switzerland. Furthermore,  
figures for 2007 indicated  
a dramatic shift in the  
manner in which the  
country's economy  
operates with news that  
Portugal is now exporting  
more services than  
textiles or footwear. The  
significance of golf on the  
nation's economy was  
also shown to have  
reached new heights, and  
is now worth 1.8 billion  
euros a year, or 1.25  
percent of the Gross  
Domestic Product.

"In 2007, we sold more ser-  
vices to companies than footwear  
or textiles. The Portuguese  
economy is changing extremely  
fast", announced Prime Minister  
José Sócrates earlier this week.

The Portuguese "technological  
balance" also recorded marked  
improvement, and last year was  
the first occasion when the coun-  
try managed to export more tech-  
nology than that which it im-  
ported.

But it was in the area of invest-  
ment that Portugal showed most  
promise.

Minister of Economy, Manuel  
Pinho stressed investment was  
the key to making Portugal "a new  
and improved country".

The minister's comments  
came shortly before it was an-  
nounced that Portugal had been  
ranked as the fifteenth most at-  
tractive destination in Europe for  
foreign direct investment (FDI) in

**Economy, see p.6.**



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# Floods kill two, woman remains missing



The heavy rain in Lisbon on Monday caused two deaths, five injuries and left a 29-year old woman missing. A further 179 people were left homeless. Heavy rains are set to return to southern Portugal this weekend, though the Met Office are not expecting a repeat of the freak weather experienced earlier in the week. The flooding was the worst seen in the capital since 1967, when hundreds of Lisbonites died as a direct result of the heavy rains. No price has been put on the damage caused as local authorities still count the cost of the surprise flooding.

Two sisters were the victims of the floods after their car fell into a river in Belas, Sintra after a retaining wall collapsed. At the time of going to press, search and rescue workers were still looking for one of the sisters who is thought to have also succumbed in the tragic incident on Monday morning.

In Lisbon and Setúbal a total of 816 firefighters were called upon to evacuate residents and assist stranded motorists.

Also in Setúbal, the floods forced schools to be evacuated and closed just as a precautionary measure.

The intensity of the rain was such that train stations had to restrict their routes in the morning, although no structural damage was recorded.

The Lisbon subway was also affected, having to close the Zoo terminal due to water finding its way down the stairwells.

Flooding at electric substations in Cascais, Lisbon and Loures forced EDP to cut electricity to about 20,000 customers until midday on Monday.

Following the tragic events of Monday, the Minister of Agriculture looked on the bright side of the rain, saying the floods had helped saved cereal crops.

The Minister of Environment Nunes Correia said on Monday that the flooding was due to town halls' inability to keep their cities clean. After local officials responded angrily, Nunes Correia said his words had been misinterpreted, but still failed to accept that his ministry had any responsibility in the worst flooding the capital has seen in 41 years.

The Met Office said on Thursday that heavy rain was set to fall in Lisbon and to the south this Friday and into the weekend, though it predicted there would not be a repeat of the havoc-wreaking rain of earlier in the week.



Firemen retrieve a car which was swept into the Jamor river in Belas on Monday. The body of a woman was found inside. (Photo: Lusa / Nuno Coimbra)

## Classifieds that work

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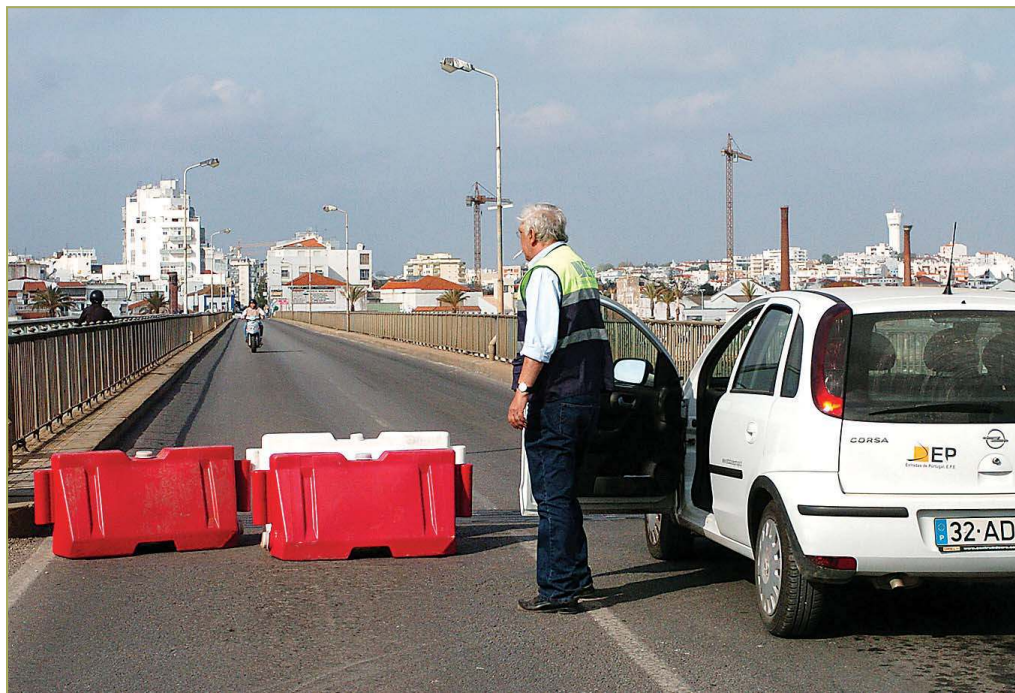
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# Bridge closed for cars - and workers



The old Portimão bridge closed to traffic on 10th November last year in readiness for repairs. (Photo: Lusa / Luis Forra)



It has been four months since the closing of the old bridge in Portimão and it seems not much, or anything, has been done yet.

The Portugal News reporters visited the Arade river crossing several times in the past week and so far all that was seen, on one occasion, was a boat dredging the river.

Numerous attempts have been made to contact Portimão City Hall and road company Estradas de Portugal, but no answer as to the progress of work (or lack thereof) was forthcoming.

It is unknown if during the summer there will be alternatives to the congested EN 125 bridge. Motorists are already choosing to take the motorway for a short

trip to Lagoa, spending even more on the already expensive fuel in order to avoid long queues along the EN125.

Barlavento Hospital has asked for alternative entries for their emergency medical teams who have been experiencing trouble in dealing with hectic traffic on the short stretch of road between the exit of the EN 125 and the hospital.

Work on the bridge was last year predicted to last 18 months, but few would be willing to bet that the structure will re-open in March 2009 as promised.

## EU proposed better deal for musicians



The EU has this week called for greater protection for performers' rights and review of copyright levies on music recording devices.

In the European music industry, the various categories of artist are dealt with differently. While composers enjoy lifetime protection on their work that continues for 70 years after their death, performers have to make do with a mere 50-year copyright - which, given lengthening average life-spans, might well expire before they do.

Under existing laws, thousands of musicians and singers from the 1950s and 60s are, in the next ten years, set to lose the royalties they currently receive every time one of their songs is played.

For the lesser-known among them, such income is often the only form of pension they have.

As a result, the EU is asking that the duration of copyright protection for European artists

be extended from 50 to 95 years, and that artists be able to move to a new record label if their old one refuses to reissue recordings of their work during the extended period.

Music lovers have no reason to worry, as these measures are not expected to affect prices.

EU single market commissioner Charlie McCreevy also wants to review how royalties - and especially private copying levies - are collected and used.

These levies are a way of compensating artists for the income they miss out on because of private copying. The commissioner has decided to launch consultations with all sections of the industry, to see what practical solutions can be found.

## Terrorism and catastrophes – Portugal has 207 crisis points

Portugal has 207 points susceptible to terrorist attacks or natural catastrophes, a study published this week has found.

The findings, made in a study drawn up by the National Council of Civil Emergency Planning (CNPCE) reveal that 11,156 infrastructures were identified in the country, 207 of which are considered of critical importance.

Among these sensitive areas, 16 are in the area of communication, 37 in safety and defence, 48 in energy, seven are media, eight being health, 30 in transport, 58 in justice, two in government and one in the civil service sector.

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# World's largest solar photovoltaic power plant to open next month



In the district Moura in Alentejo, known as the "hottest place in Portugal", a €237.6 million investment is almost completed, and is set to shortly commence supplying "clean" energy to the nation's electric network for at least the next 25 years.

Exactly one year after the largest solar photovoltaic plant in the world was inaugurated in neighbouring Serpa, this power plant will have four times the capacity (46.41 MW).

"In phase 1, when the first 2.5 MW are installed, the plant should produce and inject energy into the network the first two weeks of March," said Francisco Aleixo, managing director of Amper Central Solar, company chosen to build and manage the plant. The 250 hectare land and plant is property of Acciona, Spanish market leader in renewable energies.

The remainder will be installed

by the end of 2008, reaching a maximum capacity of 93,000 MW of energy a year, enough to supply 30,000 homes.

For every 90,000 MW of energy produced by this plant, 152,000 tons of CO<sup>2</sup> emissions will be spared when compared with a fossil fuel plant.

The plant will only create 15 permanent jobs, most of them in maintenance.

With this plant almost finished, Portugal is staying in line with the United Nations Kyoto Protocol which states that by 2009, 39 percent of the country's electricity needs to be generated from renewable energy sources.



A worker walks past solar panels at the photovoltaic premises of German company City Solar inaugurated in Benaixama, Alicante, eastern Spain. (Photo: EPA/Morell)

## Experts say 8.5 Algarve quake would kill 3,000

Researchers who compiled the Tsunami and Seismic Risk Study for the Algarve (ERSA), on Wednesday said an earthquake similar to the 1755 one recorded in Lisbon would kill 3,000 and leave 27,000 homeless in the Algarve.

The study is expected to be finalised by the end of the year and it will allow to make a detailed emergency plan for each council in the Algarve.

If 1755's earthquake reoccurred today, with an epicentre in the Gorringe Sea Bank (120 nautical miles southwest of Cape St. Vincent) recording 8.5 on the Richter scale, most of the damage sustained would be in the western Algarve.

Carlos Sousa Oliveira, professor at the *Instituto Superior Técnico* (Lisbon University), says the only way of reducing the number of immediate deaths would be by prevention and preparation for such catastrophic events.

"We need to look at earthquakes in a preventative way, just like in medicine, where

we have vaccines beforehand so the virus and bacteria don't affect us" said the professor.

Susana Silva, national director of emergency planning, says the emergency plan will also be ready by the end of the year and tested on terrain in 2009.

She also stated the main objective of the plan is to make sure all entities manage to give numbers of seriously injured within the first 72 hours.

Studies on tsunamis are concentrating on the more vulnerable coastal locations such as Sagres, Lagos, Armação de Pêra and Quarteira. The Algarve has 400,000 permanent residents, 60,000 buildings and 277,000 houses.



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## One fifth fly low cost

Data retrieved from ANA (Portugal Airports) shows that 20 percent of the 22,849 million passengers flying from/to/through Portuguese airports choose low cost airlines.

From information obtained last year, the 26 budget airline companies that operate in Lisbon, Oporto and Faro transported 5,494,429 passengers, 620,358 more than in 2006. In effect, one out of every five

planes flying in and out of the continent is a budget airline.

Lisbon transported 15.3 percent, Oporto handled 31.3 percent, while Faro took the majority of passengers with 52.5 percent of the total.



# Portugal remains concerned at Timor situation



Portuguese Foreign Minister Luís Amado said this week that Lisbon remains concerned at the situation in East Timor, still in a state of emergency a week after rebel attacks on the nascent nation's leaders. On the margins of an EU ministerial meeting, Amado told reporters: "We are naturally worried. The country has many weaknesses from a political and institutional point of view."

Portugal's top diplomat also expressed his wish to see Timorese President José Ramos Horta, critically wounded in last

week's shooting attack by renegade troops, "recover from the injuries he received."

Meanwhile, Timorese police

and prosecutors continue to investigate the twin shooting attacks on Dili's heads of state and government. The legal adviser to slain rebel leader Maj. Alfredo Reinado, Angela Pires, was released on bail Monday after being arrested last Sunday as an "arguido", or suspect, in the shootings.

Timorese Attorney General Longuinhos Monteiro said Pires, holding dual Australian and Timorese nationality, was suspected of "knowing something" because she let Reinado stay at her home the night before last week's rebel raids.

Police are searching for at least 17 people suspected of involvement in the attacks on Ramos Horta and Prime Minister Xanana Gusmão who escaped unscathed after his motorcade was ambushed outside Dili.

Among those being hunted is Gastão Salsinha, self-styled leader of Timor's army rebels after the killing of Reinado.

Atul Khare, head of the UN's Timor mission, warned the rebels that "tough action" would be taken against them if they failed to turn themselves in to the authorities.

Meanwhile, Timor's acting president, Fernando Araújo, revealed a team from America's Federal Bureau of Investigation had arrived in Dili on Tuesday to assist local prosecutors in their investigations of the recent attacks. *TPN/Lusa*

## Economy, from p.1.

A.T. Kearney's 2007 FDI Confidence Index survey.

"Portugal's performance in 2007 was a positive surprise, as it maintained the position it reached in 2005, ahead of countries such as Denmark, Austria and Norway", a director at A.T. Kearney told reporters in Lisbon.

"Portugal has been making important reforms in a short space of time, and while it is currently in an austerity phase, it will overcome this situation", predicted a confident Martin Walker.

The survey tracks the impact of likely political, economic and regulatory changes on FDI intentions and preferences of the executives of the world's leading companies.

While A.T. Kearney singled out obstacles companies faced in Portugal, they stressed that "the country has followed an intelligent and productive policy".

The areas singled out by foreign investors for praise, included logistics, tourism, telecommunications and the outsourcing of services of multinationals.

But Portugal has been losing out on the world stage to emerging economies, and has slipped seven places to 46<sup>th</sup> since 2005, while neighbours Spain plummeted 18 places from its ranking of 17<sup>th</sup> it obtained three years ago. In a related development, the National Council of the Golf Industry announced this week that the sport now represents 14 percent of all tourism activities in the country and a fast-rising 1.25 percent of the GDP.

In the past decade alone, the number of golfing tourists in the Algarve soared by 16.5 percent, while it increased ten percent nationwide during the same period.

Analysts are forecasting that the Algarve will experience similar growth in the next five years to that recorded since the turn of the millennium.

## Vatican OKs early start of beatification process for Fátima's Sister Lúcia

Portuguese Catholics have enthusiastically welcomed Pope Benedict XVI's exceptional decision to open the beatification process, two years ahead of the normal timetable of Sister Lúcia, one of three children who claimed to have seen visions of the Virgin Mary in 1917.

The Vatican announced it was authorising the beatification process to begin within three years of Sister Lúcia's death on Feb. 13, 2005, rather than waiting the five years normally required by canon law.

The visions shared by Sister Lúcia and two cousins, who died in childhood, gave rise to Portugal's greatest Catholic pilgrimage site, the Basilica of Our Lady of Fátima, which today draws hundreds of thousands of faithful annually from around the world.

In recent times, only two other similar exceptions have been made by the Vatican for the beatifications of Mother Teresa of Calcutta and Pope John Paul II.

Bishop António Marta of Leiria, the central diocese that includes the Fátima shrine, welcomed the Vatican's decision with "very great satisfaction", saying it represented "the recognition of the sanctity of a figure with international and popular projection".

The beatification processes of Sister Lúcia's cousins, Francisco and Jacinta, have been underway for some time. *TPN/Lusa*

## LUSOPHONE WORLD IN BRIEF

### Maputo gov't strikes deal on fuel costs to end transport protests

The Mozambican government has reached an accord with private minibus operators to reduce the cost of diesel fuel a week after deadly protests in Maputo against hikes in transport fares, officials said. At least four people died and around 100 were injured, according to official figures, in violence that wracked Maputo and nearby Matola last week when police and protesters clashed during a wave of protests over increases in transport costs for commuters.

### Portugal ending its 10-year deployment of military cargo plane in São Tomé

Portugal is withdrawing an Air Force transport plane and its crew from São Tomé and Príncipe that has been stationed in the islands on a rotating mission for the last 10 years under Lisbon's cooperation with its former colony, officials and media said. The Portuguese Air Force (FAP) twin-engine C-212, its crew of two and ground personnel has reached the end of its operational life and its crew are to be retrained on the bigger C-295 aircraft currently on order to the FAP operations.

### Portugal's top diplomat visits Angola for bilateral talks

Portuguese Foreign Minister Luís Amado visits Angola from February 21-23 for talks with senior Luanda officials on issues including visa holdups for visitors from Portugal and forthcoming legislative polls in the African state, officials said. Diplomatic sources in Lisbon said Amado will also use his talks with Angolan counterpart João Miranda, Luanda's heads of state and government to appraise bilateral relations, described by both Lusophone states as healthy.

### HCB hydro could pay off US\$700m debt 3 years earlier than scheduled

Mozambique's Cahora Bassa Hydroelectric company (HCB) could pay off its US\$ 700 million debt incurred in acquiring a majority stake in the dam in seven rather than ten years, says HCB board chairman Paulo Muxanga. HCB borrowed US\$ 700 million last year from a consortium of Portuguese and French banks to pay off its debt to the Lisbon Treasury and raise its stake in HCB from 18 to 85 percent. Portugal's shareholding in the hydro fell to 15 percent under an accord signed by the two countries for the dam to revert to Mozambican ownership.

### Portuguese firm to revamp Cape Verde capital's roads

Portuguese construction firm MSF announced Friday it had signed a euros 11.3 million contract with Cape Verde's Ministry of Infrastructures and Transport to rehabilitate the island capital's road system. The revamping of Cidade da Praia's roads, which began last month, is to be completed within one year, the company said in Lisbon.

### Bissau welcomes EU engagement in military reform programme

Guinea-Bissau's defence minister has welcomed the European Union's decision to send a 15-member team to help the West African country in its efforts to prune and reform its often restless military and security forces.

### Dutch to build 5-star hotels around historic Mozambique Island

Dutch group African Riviera plans to build two five-star hotels near Mozambique Island, a World Heritage Site, in partnership with Mozambique's national railway CFM-EP, a source linked to the project said. A World Heritage Site since 1991, Mozambique Island was visited by Portuguese explorer Vasco da Gama in 1498 on his voyage of discovery to India.

### EU sending advisers to help Bissau tackle drug-traffickers

European Union member states agreed last week to dispatch a military and civilian team of experts to Guinea-Bissau next month to assist the West African state's combat of international drugs trafficking through its poorly policed and porous frontiers. Portugal, in the EU's driving seat last year, has led efforts for a European anti-drug trafficking mission to Guinea.

### CPLP sends mission to Timor for "rapid resolution" of crisis

The CPLP Lusophone bloc said it will dispatch a diplomatic mission to East Timor to aid efforts towards a "rapid resolution" of the crisis the new nation was plunged into last week after apparent assassination bids on its two leaders. In a statement after a meeting in Lisbon at the headquarters of the CPLP (Community of Portuguese Speaking Countries), Guinea-Bissau diplomat Apolinário Mendes de Carvalho, whose country chairs the eight-state bloc, said a delegation could be sent to Dili as early as "next week."

### Stalled hydro project on Principe Island revived by Portuguese firm

A hydroelectric dam in São Tomé and Príncipe, built 15 years ago with Portuguese state funding but never commissioned, is to be resurrected by a construction company from Portugal, island media reported.

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# Study reveals daunting reality of Portuguese motorways



An international study compiled by the European Committee for Transportation and Safety has revealed that for every billion kilometres collectively travelled on Portugal's motorways, 6.76 people, drivers or passengers, die in road-related accidents.

This figure is considerably higher than the overall average of the 19 countries assessed in the study, which is of 3.65 deaths on Europe's motorways for every billion kilometres travelled.

Slovenia and Hungary have the deadliest motorways, with 8.68 and 8.84 deaths for every

billion kilometres, whilst Switzerland (1.41) and Denmark (1.5) had the safest motorways.

According to this study, more than 3,200 people die on the EU's motorways every year, translating as 0.8 per cent of all road deaths per 12 months.



An accident involving two heavy goods vehicles on the IC32 between Montijo and Barreiro last November. (Photo: Lusa / André Kosteres)

## New navigation tax laws for vessels

Following the publication of a story last month which told of a Portuguese gentleman who paid his €300 boat circulation tax in small coppers to protest against the steep increase in tax costs as well as the January 31<sup>st</sup> 2008 deadline, which to many came as a surprise, much confusion has arisen as to who must pay what and when.

The Algarve based yacht brokerage company Boatshed this week warned that many foreigners may not be aware of the new changes in the law, though different deadlines apply depending on whether it is Portuguese or foreign registered.

After Boatshed Algarve queried with Port Authorities as to the obligations of foreign registered craft, it would appear that an amnesty applies for the first 183 days of the year.

Boatshed's customers are already planning trips to Spain rather than emptying their piggybanks!

After several doubts appeared, the local tax office was contacted and obtained the following information.

For boats with foreign registrations, payment can only be made at the local tax office, even if boat owners have already paid the previous IMV. The Internet is only available for boats registered in Portugal.

The new law has completely eliminated the previous one, so the 183 days of permanence in Portugal only start counting on the first day the new law applied (1<sup>st</sup> January 2008), even if the boat had been here already in 2007. Therefore, all foreign registered boats only have to pay after completing the 183 days, 2<sup>nd</sup> July 2008. This applies to long-term residents also.

All boats registered before 1986 and/or with less than 20 Kw power are not subject to this tax and do not even need to register for exemption.

Russell Francis, who owns

Boatshed, along with brother Gary, says: "We try and keep abreast of all changes to the leisure boating community as not all ex-pats are aware of the tax; not all have a fiscal number as they may use their vessels as holiday homes. In addition to taxation a payment to the local Capitania's office is also expected, this is called 'Farolagem' or Light Dues, revenue raised goes towards maintaining lights and navigation aids".

According to Russell, this year the tax, which changes from year-to-year and is calculated on the length of the yacht, size of the engine, etc, has for the first time been enforced to such an extent, in other words, authorities are clamping down.

"There will be no chasing, but when the 183 days are up it will not be unlikely for more action to be taken".

This may see officials making impromptu visits to marinas, drop-in inspections of paper work, fines, and even having boats confiscated.

Where concerning Portuguese registered boats, according to a source contacted by The Portugal News at the tax department, the new law that came into force has completely abolished and replaced the old one, though the deadline for payment has been extended to February 25<sup>th</sup>.

Anyone interested in sailing to Spain on or around the 2<sup>nd</sup> July should contact Boatshed (<http://algarve.boatshed.com>), or telephone +351 289 502 419, e-mail: [russ@boatshedalgarve.com](mailto:russ@boatshedalgarve.com).

## Revoked licences topped with two years driving ban



According to a new law proposal, officially announced this week, drivers who see their licences revoked after committing a series of serious or very serious offences (known as the 'three strikes and out' law) will additionally be made to re-sit a driver's test before being allowed behind the wheel again, but only after a two-year driving ban.

Internal Affairs Minister Rui Pereira explained that this new law "does not mean that drivers will be prohibited from driving forever".

"The revocation isn't eternal", he said, explaining, "revoked licences are annulled and therefore anyone who has their licence revoked must re-sit a driver's exam to obtain a new one. However, in these circumstances, that may only be done two years after the licence is revoked".

Minister Pereira defended the need for a "rehabilitation period" for offending drivers, though revocations can be contested in court.

Under the new law, licences will be revoked after drivers commit five offences categorised between serious and very serious, in as many years, or three very serious offences in three years.

Offences classified by law as 'very serious' include stopping or parking on roads outside urbanised areas (i.e. on motorways or places of poor visibility), parking on roads at night, blinding other drivers, disrespecting compulsory stop signs, driving under the influence of drugs, alcohol, and other intoxicating substances (tranquilisers, stimulating medicines, etc...), and abandoning the vehicle in case of an accident, amongst others.

Driving with between 0.5 and 0.8 grams of alcohol per litre of blood (0.5 being the maximum tolerated by law), parking on pedestrian crossings, and surpassing speed limits by more than 30km/hour outside urban areas, are all included under offences considered 'serious'.

Under the current road code, the same licence revocation system is in force, though no time-limitations are stipulated.

This latest news on the impending law changes comes in the wake of a statement made by the State Secretary for Civil Protection, José Miguel Medeiros, that in the past three years just nine licences were officially revoked.

Secretary Medeiros went as far as admitting the current road law was not working properly, and that the new laws did not mean "an alteration to existing sanctioning systems, but the cer-

tainty that offenders will be accordingly punished".

These latest propositions for the Portuguese road code have, however, received a share of criticism. Some have pointed out that

changes are not needed, just the improvement of conditions for better fiscal system, whilst others point the finger at the government's 'rushed' decision to finish off DGV offices.



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# Peddling across Europe for cancer research



Kris Mole hopes to visit every capital in the European Union without any money, in the name of Cancer research. Above he is pictured at the Benfica stadium in Lisbon. (Photo: The Portugal News)

**K**ris Mole, a 24-year-old English teacher from Southwick, took his ordinary life and turned it upside down by doing something completely extraordinary in the name of cancer research; his aim, to visit every capital in the European Union without a single cent in his pocket. Last week Kris arrived in Lisbon. This is his story so far, the story of Kris Mole's 'Great Euro Freebie Challenge'.

Kris's "one-man European bag" is now more than half way through. With ten capitals left to visit, he has spent the past four months penniless, often freezing, generally starving, and, in a nutshell, winging his way around Europe.

Through his blog and webpage, he has raised £1,243 (about €1,700) for the Cancer Research charity from people sponsoring his "crazy challenge".

Not a single cent is used for his own comfort. No, that would be far too easy.

"I won't return to England until I've visited every single EU capital on the continent. Obviously, with no money, it means that food and accommodation aren't going to come easy."

"Also trying to get from place to place will be a mission. I'm currently well into the challenge, and I'm starving, freezing, and suffering. But meeting amazing people too", he says.

During his stay in Lisbon, Kris was hosted by a Romanian couple and a Spanish household.

"As for Portugal, I love it" he says. "The laid back approach to life is great, as well as the politeness and manners of the people. They seem a bit miserable at first glance, but once you get talking to them, they're so friendly".

So why did Kris decide to take off on this madman mission?

On his (extremely entertaining) blog, he writes, "Tired of doing nothing worthwhile with my life, I decided I wanted to make a difference. I chose Cancer Research as my cause and set up the sponsorship page".

Kris's aunt, to whom his challenge is dedicated, passed away last November after a battle with the disease. She had received chemotherapy at the start of her nephew's challenge.

"I'm sure that nearly everyone of you knows at least one person affected by the disease. Let's try and make a difference, so that when we're older and our kids are

older that things will be better for them with regards to the dangers of cancer", Kris reasons.

He soon hopes to reach the £2,000 sponsorship mark, which will all be donated to Cancer Research.

Paris has been settled on as his next stop.

After trying to set up a meeting with officials from a UK low-cost airline at Lisbon airport, in the hope of bagging a free flight to Paris, and getting nowhere, the train is starting to look like an impending certainty.

First up, however, is a quick stop in Oporto, where he will be taken in by more Spanish acquaintances of his hosts in Lisbon.

He says, "I set Tuesday as my date for leaving Lisbon. From Oporto I'll make my way along the north of Spain, through Galicia, then the Basque country, and on to France".

After travelling thousands of kilometres ticketless and penniless (not even a credit card for back-up) the strain of trying to travel invisibly is starting to take its toll. Catching a train from Portugal to France is not an appealing prospect.

"I don't feel like getting on any train without a ticket at the moment, I'm getting tired of feeling like the hunted, listening to the footsteps of the guard making his way towards me, under the curious gaze of all the other passengers in the carriage. If I don't find a solution, then obviously that's the way it's going to be, but if you don't ask, you don't get" Kris writes in his blog, referring to his hope of a free flight.

Whilst in Lisbon Kris visited Benfica's 'Stadium of Light' (after slipping through an open door), saw the Docas and Expo (but didn't go on a cable car because he has no money, but 'imagines the views are really nice'), and travelled on the tube (with a donated day ticket from one of his Spanish hosts).

"Travelling on the tube in Lisbon gives you the feeling you've gone below the surface and discovered a mystical, magical underground world inhabited solely by hobbits. Seriously, the Portuguese are extremely tiny people!"

To keep up with Kris's travels, his adventures, and to find out if he did get that plane ticket or if you would like to sponsor his challenge, see website: [www.euro-challenge.blogspot.com](http://www.euro-challenge.blogspot.com)

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## One in 20 drive drugged

Five in every hundred people are said to drive under the effects of illicit substances, latest police records have shown.

Despite new laws introduced six months ago which states drug tests should only be used in case of accidents or strong evidence of the driver being under the influence, 90 out of 1,867 tests between the 15<sup>th</sup> of August and 31<sup>st</sup> of December had a positive result.

President of the ANSR (Road Safety National Authority), Paulo Marques, said the numbers were in line with expectations, when based on figures compared with the autopsies (from car accidents) carried out by the National Medicine Institute (INML) in 2006.

All results obtained from the security entities (GNR and PSP) are preliminary, and are only confirmed after a driver, who has had a positive result on the saliva sampling kit, tests positive at a hospital after undergoing urine and blood sampling.

## Men catching up on plastic surgery stakes



Even though women still represent the larger part of people resorting to a nip or a tuck, the male sector now makes up 20 per cent of plastic surgery adepts.

And whilst women generally opt for liposuction or breast implants, the man's aesthetic intervention of choice appears to be the 'nose job'.

According to specialist Vitor Santos Ferreira, head of the National Board for Plastic Surgeons, in Portugal the most sought after intervention is liposuction, which he considers is due to "the Portuguese wom-

an's tendency to have large thighs and a big stomach".

He further explains that men opt for plastic surgery due to "virility issues, as opposed to vanity", and that the male gender is mostly "sensible where concerning plastic surgery, they listen to the doctor's advice".

Despite becoming increasingly popular and more widely available, Dr. Santos Ferreira says

there are situations where plastic surgery should be refused.

"There are issues in life that no amount of money can solve. When someone asks me what I think they should improve or what I think they need to change, then I refuse to do the operation. If someone is not mentally prepared to do plastic surgery, then we should not go ahead with it".



# ASAE seize four tons of “off products”



ASAE health and safety inspectors said this week they have seized four tonnes of frozen “luxury” food merchandise in Matosinhos.

Fátima Araújo, regional director of ASAE in the north, claimed these products were well past their sell by date, some dating back to 2002 or 2003.

The food originated from France, Germany and New Zealand and was stored in “warehouse fridges” at Docapesca of Matosinhos.

The merchandise belonged to three companies whose names were not revealed.

The 3,875 kilos of merchandise included mushrooms, sausages, ham, paté, ice cream, snails, pork, duck and mackerel.

The process for the Public Prosecutor was handed in by ASAE on Wednesday after a summarized report was completed.

Fátima Araújo says the seizure of the merchandise was only possible after a tip off was given to ASAE.



An ASAE agent shows part of a goods seizure in Oporto on Tuesday of nearly 4 tons of frozen top-of-the-range food products which were found to be out of date. (Photo: Lusa / Estela Silva)

## Showbiz kids not approved by protection committees

In 2006, only four requests were made to Portugal's various child protection committees to obtain authorisation for an under-16 to work in show-business, despite this official permission being compulsory by law.

Children under the age of 16 and who want to participate in shows or advertising may only do so with an official permit from their local Child and Youth Protection Committee, from their area of residence.

Even so, according to official figures, in 2006 only four requests were made despite the high number of underage children that work or collaborate as actors, singers, extras, musicians or models.

A law instigated in 2004 states that any agency or promotional company looking to use a child in their campaigns or shows, whether cultural, artistic or for publicity, must first

apply for permission from the child's local protection committee.

After carrying out a study in 2004, the Ministry for Employment discovered that at least one in three children working in the arts, principally in TV, frequently missed their school lessons, whilst 20 per cent had flunked a school year at least once.

Forty per cent of that 20 per cent admit failing due to their artistic career, justifying bad grades by having missed too many lessons and not having time to study.

Special attention is given to children working in circuses, as these are the youths who have most difficulties in reconciling their artistic career with school.

Of an estimated five per cent of children in the arts and who do not receive schooling, almost all of them belong to circus troupes.

## Rotweiler attacks on people rising

Considered by Portuguese law as a ‘potentially dangerous’ breed, there have been, over the past 12 months, five attacks by Rotweillers in Portugal, all separate incidents, one of which left a 60-year-old woman dead. A sixth attack took place this week, in Loulé when a baby was left fighting for her life after a gruesome attack.

In this latest incident a 20-month-old girl was left critically injured after being mauled by the family's pet Rotweiler, which was allegedly ‘irritated’ by the child's crying.

In January 2007, in Valença, three school children and a school worker were attacked by a Rotweiler, which left all three in need of hospital treatment.

A 60-year-old woman was ravaged to death by a pack of four Rotweiler cross-breeds in March 2007, in Casal de Granja, Sintra. Just one month later, in April 2007, a 47-year-old woman was seriously injured after being attacked by a dog of the same breed.

A nine-year-old girl and her 41-year-old father from Ronfe, Guimarães, were treated in hospital for Rotweiler bites in July, and, a month before, in June, a similar incident involving two children from Boião, Valença, left one of the children in need of 32 stitches to the head.

The current law states that the owners of some animals considered to be dangerous, must be subjected to exams of physical and psychological aptitude as well as have a clean criminal record in order to own one.

To own a ‘dangerous dog’ the candidate must be over 18 and apply to their local council for a permit, putting forward the aptitude certificates, proof of residence, and a copy of their criminal record.

Those disobeying compul-

sory requisites could be fined between €500 and €44,890, with a 30 per cent augment in the case of reoccurrences.

In Portugal there are seven dog breeds considered to be dangerous; the Brazilian ‘fila’ dog, the Argentinean Dogue, the pit bull

terrier, the Rotweiler, the American Staffordshire terrier, the Staffordshire bull terrier, and the Japanese Tosa Inu.

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# Reporting Foreign Financial Accounts



Treasury Department Form 90-22.1 is an annual filing requirement for every U.S. citizen or resident alien, partnership, corporation, estate or trust that maintains a financial interest in or signature authority over financial accounts based in one or more foreign countries, if the aggregate of the account(s) exceeds \$10,000 at any time during the calendar year.

Financial interests are deemed to include those in names of nominees, agents and trusts if the beneficial interest in the trust exceeds 50% in corpus or income, account(s) in the name of a foreign corporation where the tax-

payer has a 50% or greater ownership; shareholders, officers or directors of foreign corporations; partners in foreign partnerships; grantors of foreign trusts; or beneficiaries of foreign estates or trusts.

An exception to the filing requirement is in respect to U.S. military banking facilities located in foreign countries or accounts located in Guam, Puerto Rico or the U.S. Virgin Islands. Another exception is that you

were an employee or officer of a domestic corporation with securities listed on national securities exchanges.

The form asks for the individual's or entity's name, address and taxpayer identity number; the account number, type of account, name of financial institution, country wherein the account is based, and its highest monetary value in U.S. dollars during the calendar year being reported.

The form is due on 30 June following the taxpayer's taxable year. This due date cannot be extended, unlike the filing date of a tax return. Form TDF 90-22.1 should be sent by registered or certified mail to: U.S. DEPARTMENT OF THE TREASURY, P.O. Box 32621, Detroit, MI 48232-0621

Failure to file this form can subject the taxpayer to civil or criminal penalties. Following the enactment of the *American Jobs Creation Act of 2004*, Congress imposed a \$10,000 penalty for non-willful failure to file. If the failure to file is willful, the civil penalty is at least \$25,000. And if the failure to supply information or else file a false report is determined, criminal penalties of up to \$500,000 and imprison-

ment up to ten years can be imposed.

Schedule B of Form 1040 asks for a listing of interest and dividend income items in Parts I and II. In Part III, the filer is asked: 'At any time during 2007, did you have an interest in or a signature or other authority over a financial account in a foreign country, such as a bank account, securities account or other financial account? See page B2 for exceptions and filing requirements for Form TD F 90-22.1.' Falsely answering "No" to this question can expose the taxpayer to criminal prosecution. Failure to answer the question can still lead to prosecution.

Instructions to filing the form provided by Internal Revenue Service are brief. But owing to the threat of penalties that could result from carelessness in completing and filing Form TDF 90-22.1, a tax professional experienced in the form's intricacies should be consulted.

Barron Harper is a member of Albo Euro-Consult (www.albo.org), a consortium of chartered accountants and legal experts on the European continent, and the National Association of Public Accountants (www.naptax.com). He specializes in US International Taxation for American expatriates. taxbarron@yahoo.com/(00351) 91 935 9809.

## Portuguese firm wins tender for US\$50m docks in Cabinda port

Portuguese construction company Mota-Engil has won the international tender to build new docks for the northern Angolan port of Cabinda, a project worth more than US\$ 50 million, national news agency ANGOP reported.

ANGOP quoted the director of Cabinda's port authority, Osvaldo Lobo do Nascimento, as saying Mota-Engil's integrity and experience had been determining factors in picking it from among 16 international and Angolan contenders.

The new docks in the key oil-producing enclave will cover an area of 45,000 square metres and allow the simultaneous handling of five container carriers, representing an annual handling capacity of 1 million tons, the agency said.

Cabinda's offshore oil fields pump more than half of Angola's nearly 2 million barrels per day.

Separatist guerrillas fighting a low-intensity war for the enclave's independence have been blamed for the recent killing of a Brazilian national in Cabinda. TPN/Lusa

## EU employment rate up to 66%, despite economic slowdown

Analysis of recent Eurostat figures in a new report released this week confirms the ongoing steady improvement in the European labour market. As a result, total employment reached 223 million, reflecting an annual increase of over 3.5 million and an increase of over 800,000 from the previous quarter.

The EU labour market has continued to benefit from healthy levels of economic growth and ongoing confidence of firms, as well as improvements resulting from past structural reforms, the report, published by the European Commission reveals.

Year-on-year employment growth rose to a robust 1.7 percent in the third quarter of 2007, returning to the recent peak level of a year earlier. This re-

flects continued strong demand for new workers, despite a moderate slowdown in economic growth to 3.0 percent.

Employment growth continues to be driven in particular by improved recent labour market performances in Germany and Poland, and continuing firm employment growth in Spain. At the same time, strong employment expansion continues in most of the new Member States (with the exception of Hungary).

Reflecting the improvement in labour market conditions, by the third quarter of 2007, the overall EU employment rate had increased to 66 percent, up from 65 percent one year earlier.

Unemployment rates have fallen to levels not seen since the early 1990s. The average EU unemployment rate recorded yet

another drop in the fourth quarter of 2007 to reach 6.9 percent, down from 7.7 percent a year earlier.

On the downside, growth in hourly labour costs has tended to pick up in the EU over 2006 and 2007, rising to an annual rate of 3.7 percent in nominal terms in the third quarter of 2007 and reflecting strong wage increases in new Member States.

Recent developments, such as heightened turbulence in the financial markets, may result in the global macroeconomic outlook deteriorating further, the report says, although the impact on Europe has been so far limited, with private consumption still holding up well due to the underlying steady improvement in the labour market.

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## IRS 2007: Expenses - Nº 7: TAX BENEFITS FOR DISABILITIES

In this series of articles, we examine in depth different areas to show how to substantially reduce the tax that you owe:

- |                       |              |                 |            |
|-----------------------|--------------|-----------------|------------|
| 1) Tax Credit Summary | 2) Medical   | 3) Education    | 4) Housing |
| 5) Insurances         | 6) Donations | 7) Disabilities |            |

With the passage of time come aches and pains. Many people discover that these ailments can qualify them for disability benefits when it comes to tax time. 60% or greater disability entitles a taxpayer to fiscal benefits. The advantages are numerous and, although reduced for many from the past, can still be quite significant.

In the past, the disabled had a 50% increase to standard credits available to salaried and self-employed workers as well as to pensioners. Starting in

2007, this formula has changed and the credit will be limited to 3 times the National Minimum Wage (3 X €403 = €1 209 in 2007). Disabled dependents are

entitled to a credit of 1 times the National Minimum Wage (€403 in 2007). These and other benefits work as follows:

### Benefits for the Disabled

|  |                       |
|--|-----------------------|
| Personal Credit for the Disabled                                       | €1 209.00             |
| Disabled dependent; disabled elderly dependents; care expenses         | €403                  |
| 30% of education & rehabilitation expenses for disabled family members | unlimited             |
| 25% of medical insurance for disabled family members                   | unlimited             |
| 25% of Life, Accident premiums & pension contributions for disabled    | up to 15% of tax owed |

### QUESTIONS & ANSWERS:

*I believe that I may qualify for disability status for tax benefits but I don't have all of the documentation to substantiate my condition(s). What should I do?*

You must be prepared to complete a somewhat lengthy bureaucratic process in order to qualify:

- 1) obtain letter and medical report from your family doctor.
- 2) at the local Health Centre (Centro de Saúde), request a review by the Medical Board (Junta Médica). The Disability

Declaration will serve as proof of the disability.

3) if the Disability Declaration has not as yet been obtained at the time of submission of the IRS Tax Return, a second tax return may be presented when the Certificate is available.

*Are there any other benefits other than those mentioned above?*

Yes. There are tax breaks when buying new cars. However, these are conceded at the time of vehicle importation into Portugal, not on the showroom floor. Professional guidance is advisable.

*This is the final article in the series on "IRS" 2007 Expenses*

Dennis Swing Greene is Senior Partner and International Fiscal Consultant for euroFINESCO s.a. Private consultations can be scheduled at our offices in Guia (Albufeira), Lisbon (Chiado) and, starting January 2008, in Funchal (Sé), Madeira. In the Algarve, call 289 561 333; in Lisbon, 213424210; or in Funchal at 291 221095; or by mobile, 96 9102813. Our e-mail is: info@eurofinesco.com, or on the internet at www.eurofinesco.com.



# President urges more diversification of national economy to avoid credit crunch

President Aníbal Cavaco Silva of Portugal said this week that his country must diversify its markets to become less vulnerable to current international financial turmoil and also become less economically dependent on the European Union.

Speaking in Petra at the end of a two-day visit to Jordan, Cavaco Silva predicted that Portugal will remain relatively immune from the ongoing global credit crunch because Lisbon has effectively diversified into emerging markets like Angola, Russia and Saudi Arabia.

Cavaco Silva, Portugal's first conservative president and a trained economist, described the contacts in Jordan between a top-level Portuguese business delegation and local company chiefs as "very positive" and paving the way for joint ventures.

Portuguese firms have particular interest in Jordan's sectors of cement, hospital equipment and management, energy and textiles, noted Portugal's head of state.

Before arriving in Jordan, Cavaco Silva made a weekend visit to Lebanon for talks with Prime Minister Fuad Saniora on Beirut's simmering political crisis. He then flew south to visit a 150-strong contingent of Portuguese peacekeepers serving in a UN mission along the border with Israel.

TPN/Lusa



Portuguese President Aníbal Cavaco Silva (C) receives during his visit to Petra, one of the 'New Seven Wonders of the World', as his wife Maria Cavaco Silva (R) and Jordanian Tourism Minister Maha al-Khatib (L) look on, Petra, Jordan on 18 February 2008. Portuguese President Aníbal Cavaco Silva is on an official visit and will hold talks with Jordanian officials. The talks are expected to focus on issues of common interest and mechanisms of boosting bilateral cooperation in the economic. (Photo: Epa/Jamal Nasrallah)

## Net earnings largely unchanged

Figures released this week by the National Statistics Institute (INE) indicates that net earnings of employees has been dropping since 2005 and almost stagnated in the final quarter of 2007.

According to statistics published by the INE, the average salary in Portugal's more than four million employees pocket each month is now €720, up just one euro from the same period 12 months earlier.

The only other occasion where Portuguese workers recorded such minimal growth was during the first three quarters of 2003, a time when Portugal was in the midst of a recession.

These latest figures show that the stagnation in the average earnings could be explained due to a drop in the percentage of qualified civil servants (with net earnings of €1,671) as opposed to an increase in the number of workers in sales and services, where the average wage is €569. On a geographical level, Lisbon employ-

ees earn on average 40 percent more than those in central Portugal, while the Algarve, despite being some distance off the wages paid in the capital, is the second best paying region in the country.

## EU publishes first forecast of skill needs

Cedefop, the European Centre for the Development of Vocational Training, this week presented its first forecast of skill needs up to the year 2015. The study "Future skill needs in Europe: medium-term forecast" concludes that demand for skills and qualifications is being driven upwards in most occupations, including in so-called elementary jobs, by the continuing rise of the service sector and sweeping technological and organisational changes.

The forecast by Cedefop shows that the long transition of European economies away from the primary and manufacturing sectors and towards the service sector is not yet complete.

The new Member States in particular are still going through the process. But the transition is gradual: the traditional sectors still employ significant numbers of people and will continue to do so in the medium term. This is the case in all alternative scenarios explored by the forecasting exercise (from 'optimistic' to 'pessimistic').

Ján Figel, European Commissioner for Education, Training, Culture and Youth, said: "The world economy is constantly changing, and so are the skills that people will need for the job market. But the question

people ask is, which skills will they need? Well, I am pleased that today we have a study that gives us a clearer idea of where skills deficits are likely to occur in the years to come. With this information, young and old alike can assess their learning objectives, which will help them decide their training and learning needs."

By 2015, the primary sector is expected to employ 10 million workers across Europe — down from 12 million in 2006 (15 million in 1996) — while manufacturing will employ 34.5 million — down from 35 million over the same period (38 million in 1996).

But services are where the real growth is, a situation which is strongly reflected in Portugal. The economy as a whole will generate more than 13 million new jobs by 2015 — despite the loss of well over 2 million jobs in the primary sector and half a million in manufacturing. Transport and distribution, including tourism, will create 3.5 million additional jobs, while business and various services offer the best employment prospects in the medium term, generating 9 million new jobs by 2015. Another 3 million additional jobs will be created in education, health and social work.

Even more significant in its impact than the continuing shift to


the service sector is the growing requirement of skills and qualifications at all levels. The demand for high skills has not yet peaked. Today, 80 out of 210 million European workers are in highly-skilled, non-manual jobs and this high proportion is expected to rise further.

Between 2006 and 2015, Europe will gain 12.5 million additional jobs at the highest qualification level and 9.5 million at the medium level (especially vocational qualifications). But jobs for workers with low qualifications will decline by 8.5 million. Even jobs for unskilled manual workers are demanding more qualifications, while skilled manual workers will increasingly need medium-level qualifications.

This has serious implications for employment. A shrinking population implies a continuing need to replace workers, even in declining sectors and occupations. But with skill requirements increasing dramatically, the new workers will need higher qualifications to perform "the same job".

The study covers 25 member states of the European Union (Bulgaria and Romania are not covered), plus Norway and Switzerland.

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# Imad Mughniyeh's Killing: Wheels within Wheels



Israeli military patrol along the northern Israeli border near the Lebanese village of Kfar Kila, southern Lebanon, near the Israel border where United Nations (UN) forces are stationed 15 February 2008. Hezbollah's chief Sayyed Hassan Nasrallah on 14 February threatened Israel with 'open war' after accusing the Jewish state of killing one of its top commanders. (Photo: LUSA/EPA/STR)

Imad Mughniyeh didn't have long to be surprised, for the bomb that exploded in the car parked next to his undoubtedly killed him in less than a second. He wouldn't have been surprised anyway: as the special operations chief of Hezbollah's secretive military wing, the Islamic Resistance, he would not have been expecting to die in bed. But he may have had just enough time to wonder who finally got him.

In the normal course of events, the assassination of a terrorist leader would be a one-day news event in the Middle East. (Mughniyeh organised the hijacking of an American airliner in 1985, and was suspected of involvement in the bombing of Israeli and Jewish targets in Argentina in the 1990s.) What made it a bit different was that Mughniyeh was killed in Damascus.

Normally, this kind of stuff — targeted assassinations, bombings both by suicide and by airplane, military raids, etc. — is confined to Israel and the Israeli-occupied Palestinian territories, although it frequently reaches into Lebanon and much less often into Jordan. For it to happen in the Syrian capital, however, means that the rules have changed — or at least, that's how some people will choose to interpret it.

Hassan Nasrallah, the leader of Hezbollah, automatically blamed Israel for the blast that killed Mughniyeh, and told a huge crowd of Lebanese Shias who attended his funeral in south Beirut that by attacking him in Damascus the Israelis had changed the rules. They had extended the conflict beyond the customary borders, and henceforward Hezbollah would do the same.

"Zionists, if you want this sort of open war, then let the whole world hear, so be it!" Nasrallah told the crowd, implying (without actually saying) that Israeli and perhaps even Jewish people and institutions worldwide would now be regarded by Hezbollah as legitimate targets. The Israel government, meanwhile, denies responsibility for Mughniyeh's killing (though even in Israel not many people believe it).

Syria's foreign minister, Walid al-Moualem, swore to track the perpetrators down, pointing out that "The fighter Imad Mughniyeh was the target of lots of intelligence agencies." He did rather telegraph the conclusions of his investigation, however, by asserting that Mughniyeh's death had "assassinated all efforts for peace" between Syria and Israel.

Business as usual in the Middle East, then, including the usual rhetoric of conviction when admissions of ignorance would be more in order.

For example, it is by no means certain that Israel organised Mughniyeh's death. It could have been the United States.

Imad Mughniyeh has been on the US government's list of "Most Wanted Terrorists" since it was first compiled, and has been accused of being the mastermind behind the suicide bombing that killed 241 US Marines in a barracks in Beirut in 1983 (though he would only have been 21 at the time).

A September, 2006 article in the "New Yorker" alleged that

US hit teams were actively trying to track him down.

So maybe it was the US, in which case Nasrallah was barking up the wrong tree — or maybe it really was the Israelis, in which case the question becomes: why now? Just because they finally got a fix on him? But Mughniyeh's big successes were far behind him, in the 80s and early 90s, and the Israelis are too sophisticated to buy into the Hollywood notion of a terrorist "mastermind" who is so vital to the conduct of operations that his death would make a big difference.

Assuming that it was the Israelis, and assuming also that they are not stupid, why would they kill Mughniyeh in Damascus (which genuinely does transgress the unwritten Arab-Israeli rules about where this sort of killing is permissible)? Could it be that they were trying to push Hezbollah into the kind of response that Hassan Nasrallah actually gave?

Hezbollah has prospered mightily since its successful resistance to the Israeli army in southern Lebanon in 2006. Luring it into terrorist attacks on civilian Israeli and Jewish targets overseas could only serve to discredit it in the eyes of those in the West who might be tempted to talk to it, and even in the eyes of some Arabs. Are the Israeli intelligence services clever and subtle enough to think this thought? Is the Pope a Catholic?

And what about Nasrallah? Was he actually declaring a jihad against Jews all over the world? Well, no, actually. He seemed to be saying what the crowd at Imad Mughniyeh's funeral obviously wanted to hear, but he left his real options entirely open. He, too, has been in this game long enough to understand that the goal of the other side is not so much to hurt you as to push you into mistakes that will damage your cause.

We shall have to wait and see, but I would be very surprised if Hezbollah now launched a terrorist campaign against Jewish targets outside the Middle East. This is a game in which people die from time to time, but it is fundamentally about influencing the popular perception of your cause at home and abroad.

*Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries*



Gwynne Dyer.

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# More speed radars for Lisbon



Lisbon City Hall is considering the possibility of moving some and depending on finances, indeed purchasing more speed cameras to be positioned around the capital.

According to a source of Lisbon Mayor António Costa's office, "a proposal has been put forward to change the location of some of the existing 21 radars, as well as to buy new ones".

A committee created to accompany the progress and effects of the radars devised this proposal after meeting last week.

Whether or not radars will be re-positioned or new

ones purchased depends solely on the city's finances.

Coordinated by the city councilor for mobility, Marcos Perestrello, the committee further comprises the municipal director for Road Safety and Traffic, the head of the city police, a sub-commissioner of the PSP police road brigade, and National Road and Vehicle safety representatives, amongst others. A petition has also been

started to raise the maximum speed limit from 50 to 80 kilometers per hour.

The 21 radars have been functioning since July 16<sup>th</sup> last year. From July until December, city police confirmed 261,728 people were caught speeding by the cameras, the majority of which occurred in the Marques tunnel, where 60,860 speeders were caught.

# Lisbon creates parking for motorbikes and bicycles

Lisbon City Hall has approved a proposal from the PCP (Portuguese Communist Party) that stipulates the creation of parking spaces for two-wheeled vehicles at car parks located in the vicinity of public

transport, parks, gardens, shopping centres and municipal parks.

Municipal park regulations are to be changed to allow discounted prices to be enforced, together with the Lisbon Coun-

cil's Municipal Parking Regulator (EMEL) allowing a limited number of spaces reserved for such vehicles in underground parking areas.

Communist councillors (PCP) say the lack of parking spaces for motorbikes and bicycles makes potential users drift away from this alternative way of travelling, and also leaves current users with no option than to park illegally on sidewalks.

## su | do | ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it.

There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 6 | 8 |   |   |   |   |   |   | 7 |
|   |   | 9 |   | 3 | 5 |   |   | 6 |
|   |   | 2 |   |   |   | 1 | 4 |   |
|   | 4 |   |   | 2 |   |   |   |   |
|   | 6 |   | 7 |   | 8 |   |   | 2 |
|   |   |   |   | 9 |   |   |   | 7 |
|   | 1 | 5 |   |   |   | 6 |   |   |
| 2 |   |   | 5 | 8 |   | 7 |   |   |
| 7 |   |   |   |   |   |   | 3 | 5 |

Last weeks solution:

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 8 | 9 | 1 | 3 | 6 | 5 | 2 | 4 |
| 3 | 1 | 4 | 7 | 5 | 2 | 6 | 8 | 9 |
| 6 | 2 | 5 | 9 | 8 | 4 | 3 | 1 | 7 |
| 4 | 6 | 1 | 3 | 7 | 5 | 8 | 9 | 2 |
| 5 | 3 | 2 | 4 | 9 | 8 | 7 | 6 | 1 |
| 9 | 7 | 8 | 2 | 6 | 1 | 4 | 3 | 5 |
| 2 | 9 | 6 | 8 | 4 | 7 | 1 | 5 | 3 |
| 8 | 4 | 3 | 5 | 1 | 9 | 2 | 7 | 6 |
| 1 | 5 | 7 | 6 | 2 | 3 | 9 | 4 | 8 |

For tips on how to solve Sudoku puzzles, browse the forums, go to [www.sudoku.com](http://www.sudoku.com)

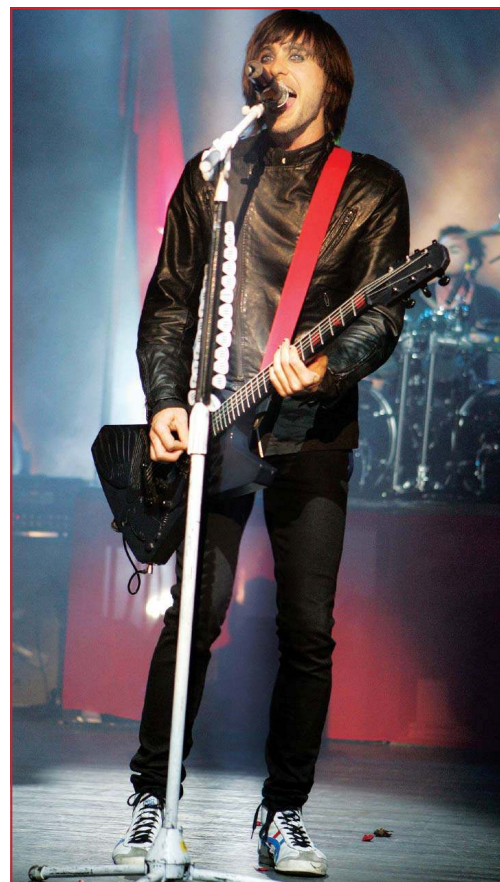
# Mars attack!

One of the revelations of 2007, American alternative-Indie band, 30 Seconds to Mars took the Portuguese capital by storm last week in a breathtaking performance. Many critics initially predicted the music project led by Hollywood actor Jared Leto, would be nothing more than an ego trip that followed in the footsteps of Keanu Reeves' Dogstar. Far from being the case, their second album has been a commercial success and has been supported by a sell-out world tour, which culminated last Friday at Lisbon's Coliseum.

Hidden behind a white sheet, the band's silhouettes tease the audience into frenzy before finally revealing the quartet as they begin with 'Battle of One' and 'Saviour'. Leto's vocals impress, replicating the studio sound to near perfection.

The band kicked-off the performance with their loudest songs, elevating the audience's excitement. After the first two songs, lead singer Jared Leto began to dialogue with the audience.

Performing mostly from their second album 'A Beautiful Lie', the band belted out 'The Story', 'The Fantasy' and more. But single 'The Kill' stood out, after Leto threw himself into the eager crowd, and manages impressively, to find his feet on the shoulders of fans, and plays the last two minutes of the track standing in the middle of the



Jared Leto from 30 Seconds to Mars at Lisbon Coliseum. (Photo: Sandro Costa)

crowd, arms outstretched as he is touched by eager hands.

Jared took every possible opportunity to address his fans, declaring that this last night of their tour was one of the best, saying that the Portuguese were wonderful people, and that the concert was one of the most energetic they had played.

One of the highlights of the night for many fans was when Jared disappeared from the main stage, to appear at the back of the arena at the Presidential

seating, performing acoustic 'Attack' and 'Hunter', originally sung by Björk.

It was never going to be easy for Leto to make the transition from Oscar-nominated actor to front man without some criticism, and even though 30 Seconds to Mars are maybe a little too polished, a little too perfect – the band is backed up with well-composed, exciting tracks coupled with a front man who clearly has the crowds wrapped around his little finger.

## Sintra, Cascais trains equipped with security cameras



Ninety trains circulating on the Sintra – Cascais line have been equipped with video-surveillance cameras in an attempt to reduce the number of crimes committed on the now notorious route.

A further 12 trains from the Azambuja line are to be equipped with the same technology by the end of the year.

According to a spokesperson for CP – Comboios de Portugal – the high definition cameras are an essential key to "dissuading acts of vandalism or crime", helping passengers feel safer.

The surveillance system allows the driver to see what is happening as it is happening, in any

carriage, and has a direct contact line to local police authorities.

In the case of an alarm or if alerted by workers on the trains (i.e. security guards, inspectors, etc), the driver can record in real time any incident that should occur.

Hence CP can supply police authorities with any evidence they should need to resolve and hopefully diminish cases of crime and vandalism on trains.

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# Dinner dance raises money for charity



Drª Liliana with fundraiser Angela Schulz-Henke receiving a cheque for Castelo de Sonhos.

Silves fundraisers held a successful Dinner Dance on February 9th at Restaurant Ponte Romana in aid of local charity Castelo de Sonhos. Guests danced the night away to live entertainment by Mandy, and enjoyed delicious food. Special guest, Drª Liliana Rodrigues from Castelo de Sonhos, also attended the fundraising event, in a bid to

raise awareness about the organisation's daily struggle, and to remind everyone that their new shop has now opened in Portimão.

The raffle managed to raise €391,50 for a second hand motor, which is desperately headed for one of the vehicles run by Castelo de Sonhos.

Fundraisers Angela and Joana

said they hope to organise more events in the near future. If you would like to be contacted personally about future events, e-mail Angela at [organice.pt@gmail.com](mailto:organice.pt@gmail.com).

At the moment, the fundraisers are currently planning their next Dinner Dance for April 12th at Ponte Romana in Silves.

## Are you NETWORKed?

NETWORK, the association of working & business women, held an annual meeting in the Jupiter Hotel on 13th February and discussed various aspects of business management.

As everybody knows, running a business is not an easy task, even for the most motivated. NETWORK allows different entrepreneurs to discuss various topics of

business management and also create connections with other business women/men whilst learning important tips on management.

This year NETWORK held three seminars about crucial aspects of management that businesses cannot afford to miss out on. The speakers were Dr. Graham Dexter (expert in coaching and corporate communica-

tion), Dr. Filomena Ramilo (respected tax consultant) and David Napthine (corporate consultant in team building).

Also speaking was Flavio Bucciarelli, the area manager for Starwood Hotels in the Algarve. He spoke the value of investing in training staff with a 360° view of the company. This methodology lets trainees get to know their company and work colleagues better while understanding their own role within the company more clearly.

Flavio stressed that a business must spend money on staff training and compensate them for good work.

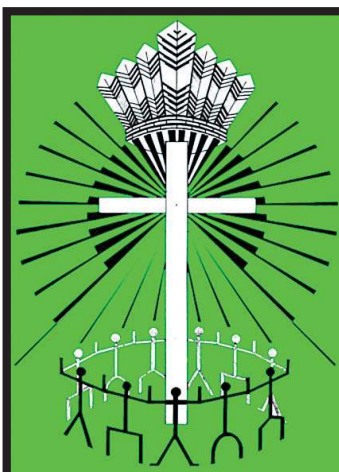
For more information on NETWORK please visit their website: [www.networkalgarve.org](http://www.networkalgarve.org).

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## Faro wants CCTV

Following recent incidents in Oporto involving shootings in the city centre, officials in the Algarve are pushing to have CCTV surveillance allowed in major cities.

Faro councillors have gathered on a number of occasions in recent times with PSP police to discuss the instalment of cameras in the entries and exits of the main arteries of the city with the purpose of controlling traffic.

They also want CCTV installed on the main shopping street, Rua Santo António, to deter petty criminals.

In Loulé, Mayor Seruca Emídio told reporters it would make sense to install a system like the existing one in Vilamoura Marina.

There is still no project planned but the president says, "We need to do something to reinforce safety".

Desidério Silva, Mayor of Albufeira, said there will be investigations towards the instalment of CCTV cameras in the downtown area and Sá Carneiro Avenue.

Ahead of all these councils is Portimão, expecting to have the first surveillance system of the region by the summer, but still awaiting the go-ahead

from the National Data Protection Commission (CNPd).

Licensing was applied for in June 2006, but required some alterations and the definitive version, which consists of 20 cameras in Praia da Rocha, was agreed in February 2007.

A decision has still not been taken by the PSP.

The councils will have to pay for the equipment themselves, but the Ministry of Internal Affairs will install the cameras free of charge and also provide human resources to monitor the images obtained.

## Paralysed after ambulance crash

On 17th June 2005 a paramedic INEM vehicle, after going through a red light on the EN 125 in Faro, crashed into a passenger vehicle, paralysing the driver. Since then, the victim has been fighting a seemingly hopeless battle of gaining some compensation for the life-altering injuries he suffered.

Bruno Paulino, victim of the car crash, is claiming €750,000 in compensation from the INEM and the insurance company Fidelidade Mundial after he was left permanently paralysed over 85 percent of his body. The vehicle he was travelling in was completely destroyed.

On Tuesday, the second day of the INEM drivers' trial, the public prosecutor in his final statements said "both drivers are to blame" mentioning "two mistakes made the accident possible".

João Paulo Bota, prosecutor, explained that the INEM driver should have slowed down at the

lights when they were red, only resuming his emergency service after taking these precautionary measures. He questioned if training was provided to the drivers.

The prosecutor also attributed some blame to the victim, although it was proven in court the lights were green when Bruno Paulino entered the EN125. "I don't understand how he didn't hear the siren, nor did he see the lights and not give priority to the ambulance" said João Paulo Bota. He finished his statements by suggesting a fine for the defendant.

The court has said it will make its ruling on 14th March.

## Women's World Day of Prayer

Over three million women worldwide will be praying and worshipping together during an annual day of prayer on Friday 7th March.

They will be using an order of service prepared by Christian women from Guyana. Emma Wilcock, National President of Women's World Day of Prayer in England, Wales and Northern Ireland, said:

"This is always an exciting day. The extent of unity in prayer is shown by the fact that meetings will begin at sunrise in Tonga and finish only with sunset in neighbouring Western Samoa, after there have been meetings in over 170 countries.

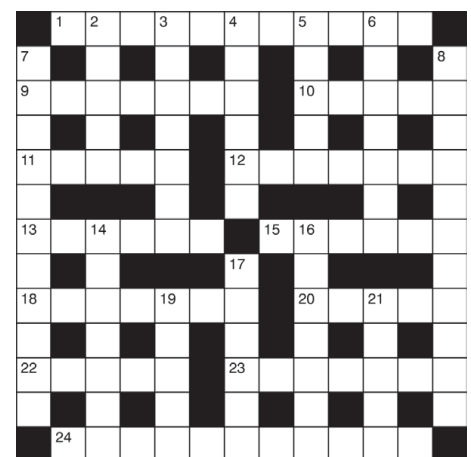
In the Algarve, there will be prayer at the Carvoeiro Tennis Club at 6pm, which will bring together women, men and young people from every background and a wide range of Christian traditions.

Many women of Guyana still bear the marks of those who experienced and fought against slavery and the system of indentured labour, with the imperialism and discrimination which that involved.

In recent years, women in Guyana have been Prime Minister, President, Chief Justice and Director General of the Foreign Affairs Ministry, as well as holding many other senior positions at home and in international organisations. However, domestic violence and human trafficking remain problems in the country.

The Women's World Day of Prayer meetings contribute to strengthening the dignity of women.

## The Portugal News Crossword No. 180



### QUICK CLUES

#### ACROSS

1. Wary (11)
9. Followers (7)
10. Spear (5)
11. Cleanse (5)
12. Lassitude (7)
13. Precision (6)
15. Close acquaintance (6)
18. Implement (7)
20. Side-track (5)
22. Taut (5)
23. Bunch (7)
24. Before time (11)

#### DOWN

2. Bury (5)
3. Join (7)
4. Humbly (6)
5. Guide tower for aircraft (5)
6. Eat (7)
7. Nearness (11)
8. Robbers (11)
14. Charlady (7)
16. Deliverer (7)
17. Evoke (6)
19. Vapour (5)
21. To the time of (5)

### QUICK SOLUTIONS No. 179

Across: 1 Handcuff; 5 Kiwi; 9 Limp; 10 Oriental; 11 Waver; 12 Execute; 13 Deceitfulness; 18 Bearable; 19 Beam; 20 Concede; 21 Plait; 22 Eddy; 23 Aspirant.  
Down: 2 Agitate; 3 Deplete; 4 Forgetfulness; 6 Intrude; 7 Illness; 8 Reveal; 13 Debacle; 14 Chained; 15 Images; 16 Nebular; 17 Station.



## Interview

# Five minutes with José Luís Pina Marques



José Luís Pina Marques, parish president of Porches (Lagoa) answers a questions put to him by **The Portugal News** relating to the future of the parish.

**The Portugal News:** What are the big changes for 2008?

**President:** More luxury five star hotels will be built and more infrastructures available for tourism in large areas close to the sea.

**TPN:** What troubled areas do you expect to improve upon?

**President:** Putting tarmac at

entrances to houses throughout the parish to end the problem of dust. Also install drains for homes that do not have mains drains.

**TPN:** Why should foreigners choose to live in Porches?

**President:** Porches, situated in the middle of the Algarve, still maintains the old Algarve style from 50 years back. It is close to everywhere, prestigious international schools, transportation, as well as the A22 motorway, which goes through the parish, proximity to Faro Airport, the Barlavento Hospital and others.

At the moment it has several five star venues and many quality villas, crystal clear waters, and it is a peaceful parish.

**TPN:** What are the main advantages/attractions of your area?

**President:** Porches, despite being a small town, has a Post Office, a Medical Centre, a school and a kindergarten, Church, several commercial places, proximity to golf courses and beaches and also typical restaurants spread all over the parish.

**TPN:** What personal ambitions do you have for the area during your mandate?

**President:** To develop the parish from every angle. Tarmac a lot of the roads that are requiring it, improve street lighting and intensify the general cleaning of the parish.

Continue to beautify Porches and support all cultural activities in the parish.

## Spaniard wins Albufeira Ladies Open

At her 16<sup>th</sup> attempt, Sara Del Barrio-Aragón broke the bogey that has followed her in Portuguese tennis tournaments and took the €10,000 prize.

The 20-year old Spaniard managed to take home the trophy after beating Slovenian Dominika Nociarova in the final. Despite losing the first set to love, she came back strongly to win the final two sets 6-2 and 6-4.

The final was delayed by 24 hours due to heavy rainfall and after the 1h50m final Del Barrio Aragón got her fourth €10,000 prize on the International Tennis Federation tournaments and upped her ranking to 365<sup>th</sup> in the world.

The player said she had to resort to slices to break down the Slovenians pace, because her original tactic of attacking strongly didn't have any effect on her opponent during the first set.

Julia Glushko and Marina Melnikova won the doubles final.

## Navy to boost Algarve patrols



The Chief of the Armed Forces has announced navy patrols in the Algarve will have more resources to fight problems regarding safety in the vicinity of Ria Formosa, such as combating pollution, human trafficking and drugs.

Two more boats are expected to be delivered this year, adding to the 200 men, three speedboats (two of which are two hours away from the coast) and other ships.

"We will do everything possible so that the Algarve remains a safe tourist destination, in two ways, safety and the environmental conditions, especially on

the Formosa River" said Melo Gomes to journalists.

The admiral spoke after a trip down the river to get to know the problems the Algarvian port authorities face in that area.

"With the aid of other safety forces and resources the navy possesses, we will be able to fight the problems we face in the area" he stated.

# Algarve Tour to end in Portimão



Algarve Tour in Lagoa on Thursday, February 21st. (Photo: The Portugal News)



On Sunday, 24<sup>th</sup> February, from 14.30, Portimão's riverside area will welcome the arrival of the riders on the last stage of the 34<sup>th</sup> edition of the Algarve Tour on bicycle.

The best national and international teams will be appearing again at the event, amongst them some of the best

time trial athletes in the world, such as German champion Bert Grabsch and his predecessor Sebastian Lang.

As it runs through the city, Guanáre Road will be closed off all day, parking is advised at the riverside car park.

## Council employee goes on holiday amidst child abuse suspicions

A Portimão City Hall employee who is waiting to be heard in court regarding allegations that he sexually abused a minor, has on holiday from his job in the "Construction Works and General Services" department.

Reports claim the man was surprised by PJ police while at the home he shares with his parents in Ferragudo.

He was taken to the PJ's criminal investigation headquarters in Portimão, where he

was questioned about allegations of molesting a ten-year-old child, the daughter of a friend.

After hours of interrogation, the 30-year-old man was released on bail.

An initial hearing is yet to be scheduled by a Portimão criminal judge. As a source from Portimão's courthouse explained, the man was not immediately put before a judge, as "he had not been detained by the public prosecutor".

"After the judge has seen the

case, he or she will schedule a judicial interrogation and then decide what measures, if any, should be applied", the source said.

It is said that the minor in question confirmed the abuse to a child psychologist from Portimão's Child and Youth Protection Committee, and that another family friend has informed the committee of the suspect's criminal past, which allegedly included a case of abuse on an eight-year-old.

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# Mediterranean, the recipe for mums-to-be

Eating a Mediterranean diet during pregnancy could ward off asthma and allergies in babies, according to new research. We serve up some delicious dishes with those vital ingredients - vegetables and fish.

It could be a winning recipe for mums-to-be - lashings of fruit, vegetables, fish and olive oil - and after nine months 'cooking time' you could serve up a healthy, allergy-free baby!

A new six-year study shows that pregnant women who eat that classic Mediterranean-style diet - already recommended to help boost heart health and stave off cancer - may prime their babies for better health. Greek-based research on nearly 500 women on the Spanish island

of Menorca, found that two-thirds of the mums-to-be on a high quality Mediterranean diet had children up to 50% less likely to suffer from complaints such as asthma and allergies.

As the UK has one of the highest rates of childhood asthma worldwide - one in ten children suffer - charity Asthma UK has welcomed the study. Leanne Male, assistant director of research, says: "It adds to previous research show-

ing that a Mediterranean diet, which traditionally contains higher levels of fresh fruit and vegetables, can have a beneficial effect on asthma symptoms, and specifically in this study that these benefits can be passed to the pregnant mother's unborn child."

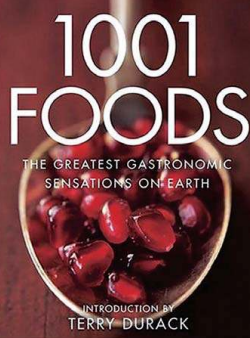
Give your 'bump' a taste sensation early on and take inspiration from some exciting and different dishes gathered from our Mediterranean neighbours in France and Italy. Recipes from those countries are included in a feast of treats garnered from around the world in a new book, 1001 Foods - The Greatest Gastronomic Sensations on Earth.

Leading food writer Terry Durack, who wrote the book's introduction, urges people to try new foods: "An average human being puts away close to 65 tonnes of food and drink in his or her lifetime. We owe it to ourselves to make sure it isn't all chips, steak, burgers and beer. If nothing else, we owe it to our taste buds. There they are, all ten thousand of them, their little taste receptor cells just twitching at the thought of what might be coming their way next. They need input, variety and excitement!"

Top chefs have contributed - among them Jamie Oliver with Fish Pie, and Bangers & Mash from Heston Blumenthal. You can try two - an Italian hearty pasta and bean soup, Pasta e Fagioli and a French dish, Cod with Puy Lentils. Both recipes will be printed in next week's edition.

:: 1001 Foods, introduction by Terry Durack, is published by Pavilion, priced £20/€26.50.

Gabrielle Fagan



## No Patio

Restaurant and Bar

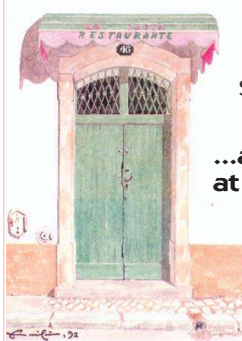
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...open now, featuring new international menu.

...Open Tues. - Sat. from 18.30  
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Call for reservations  
Rua Lançarote de Freitas 46  
8600-605 Lagos  
Tel: 282 763 777  
email: nopatio@aol.com



As promised last week, another recipe from Jean Christophe Novelli's new cookbook.



## Cod Brandade, Glazed with Red Peppers

(This dish works equally well with salmon or haddock). Ask the fishmonger to skin whichever type of fillet you choose.

Prep time: 15 minutes Cook time: 10 minutes

**Ingredients** (Serves two)

200g fresh raw cod fillet, skinned and flaked  
8-10 fresh basil leaves, torn  
1 garlic clove, peeled and chopped  
10ml olive oil  
lemon juice  
100g hot mashed potatoes  
20ml double cream  
15g unsalted butter  
1/2tsp freshly grated nutmeg  
1 red pepper, stalk removed, halved and deseeded  
1 bay leaf  
2 sprigs fresh thyme, stalks removed  
Salt and freshly ground black

pepper

Pinch caster sugar  
2tbsp water  
2 slices Cheddar cheese  
Pinch paprika  
1 baguette

**To prepare:**

Preheat the oven to 200C/fan 180C/Gas 4. In a pestle and mortar, pound together the cod, basil, garlic, one teaspoon of the olive oil and a dash of lemon juice until it forms a paste. Alternatively, blitz in a blender or food processor.

Turn into a bowl and add the hot mashed potatoes, cream, butter and nutmeg. Beat to combine and set aside.

Heat the remaining olive oil in an ovenproof frying pan with a lid, and when very hot, add the red pepper, together with the bay leaf, thyme, seasoning and sugar.

Once the peppers have slightly browned, after 3-4 minutes, add the water to create steam. Cover immediately with a lid and put straight into the preheated oven for two minutes.

Remove from the oven and fill each pepper half with the fish paste. Cover with a thin slice of cheese and sprinkle with paprika.

Return to the hot oven and bake for a further 12 minutes. Preheat the grill until hot. Cut the baguette in half lengthways and toast under the preheated grill until golden brown.

Serve the peppers with the toasted baguette.

**No Patio** "The best kept secret in Lagos - once found never forgotten." Tucked away in the old part of town close to the Cultural Centre, No Patio has a simple, but elegant interior, with a secluded terrace and working garden, full of fresh herbs and fruit trees. With high walls on all sides, alfresco dining is the norm, even when there is a breeze. The palm trees also provide shade and privacy. British owner Martyn Allen has created a food-lovers dream. A selective menu guarantees freshness of products, such as Seared Scallops and Prawns with bacon, and Rosemary and Lemon Butter; Honey Roasted Breast of Duck with a Citrus and Almond Glaze; and the No Patio Lemon Cheesecake, using lemons from their own garden. Not surprisingly, reservations are advised.

Exquisitely-decorated with modern works of art, **Bistro des Z'Artes** restaurant in Almancil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers some thing to satisfy even the most discerning connoisseur.

## Restaurant guide

### ALMANCIL

#### Bistro des Z'Artes

*International Menu*  
Open: 7pm every night  
Rua Calvario, 69,  
Almancil  
Tel: 289 395 114 / 967 785 601

#### Shanghai Restaurant

*Delicious dishes from Shanghai*  
Open: Daily 12.00-15.00 & 18.00-23.00  
Rua do Comércio, 94 R/c,  
Almancil  
Tel: 289 397 642

#### The Battering Plai

*British Fish & Chips*  
Open: Mon-Sat 12.00-14.30 & 17.00-22.30.  
Sundays 18.00 - 21.00  
Next to the Post Office,  
Almancil  
Tel: 963 731 736  
Don Toro Angus  
Steakhouse

*Steaks, gourmet burgers, fish grills & vegetarian*

Open: Daily 18.00-23.00  
Sítio das Escanxinas 504A,  
Almancil  
Tel: 289 355 005

### ALVOR

#### Food Passion

*International Cuisine*  
Open: From 6.30pm. Mon, Wed, Fri, Sun.  
Above Caixa Geral Bank, by the taxi rank in Alvor  
Tel: 282 314 276 / 912 159 813

#### Faja Lobi

*International & Suriname Cuisine*  
Open: 5:00 - 10:00pm  
Thurs, Fri. & Sat.  
Urb. da Dourada, Lote 1, Alvor  
Tel: 282 414 133 / 918 838 484

### LAGOA/SILVES

### Cattleman

*International & Steak Menu*  
Open: 18:00 - till late  
Thursday - Sunday only  
Rua do Farol, 67, Carvoeiro  
Tel: 282 354 088

### LAGOS/LUZ

#### Vila Palmeira

*Gourmet restaurant*  
Open: Restaurant - 19.00 to 24.00

Bistro & Bar - 11.00 to 24.00 (Both closed Mondays)  
Meia Praia, Lagos  
Tel: 282 770 902  
Tel: 282 762 091

#### Don Toro Angus

*Steaks, gourmet burgers, fish grills & vegetarian*  
Open: Daily 12.00-15.00 & 18.00-23.00  
Rua Lançarote de Freitas, 12, Lagos. (Opposite the Cultural Centre)  
Tel: 282 767 234

### Meu Limão Tapas & Wine Bar

*Portuguese & International Tapas + full menu*  
Open: Daily 10.00 - 2.00am  
Rua Silva Lopes, 40/42 (In front of the Golden Chapel), Lagos.  
Tel: 282 767 946

### No Patio

*International Restaurant*  
Open: Thurs-Sat. from 18.30 Sunday from 13.00  
Rua Lançarote de Freitas, 46, Lagos  
Tel: 282 763 777

### BURGAU

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Mobile 933 831 358

## Bistro des Z'Artes



Truly amazing food

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"His passion for food is as obvious as his culinary creativity and genius" - *Portugal News*

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Rua Calvario 69 - Almancil (see site for routemap)  
tel 289-395 114 • mob: 967 785 601



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# A captivated audience!



There will be so much to do at the International Algarve Fair on 10th & 11th of May that visitors will want to stay all day (opening hours 11:00 to 20:00). Features include Motor Show, Property Show, Arts & Crafts market, Puff Park (children's adventure area) and all day entertainment. Add to this over 120 stands with everything for the home, garden and lifestyle, several international restaurants and you have a recipe for a very happy crowd.

If you have not yet booked a stand, call the Exhibition Hotline on 282 380 317 or go to [algarvefair.com](http://algarvefair.com).



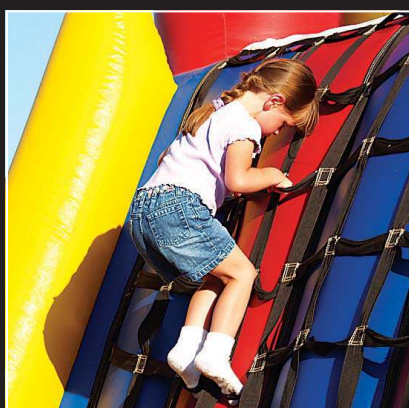
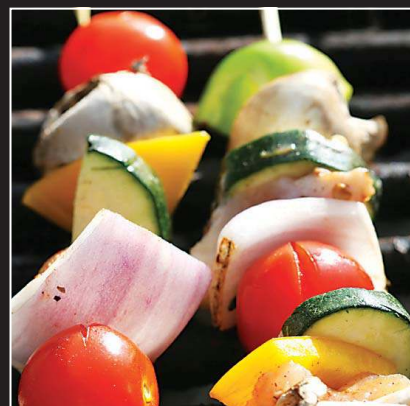
## Stands

There will be over 120 stands with everything for home, garden and lifestyle. Stands will be offering advice on travel, home improvements and lifestyle, there will be lots to buy including fashions, books, art, decor, specialist foods, pets products and you can enjoy beauty treatments and health advice.

## Food Arena

There will be several international restaurants in the Arena: Pizzas from Italy, Tandoori from India, Pastries and Bifanas from Portugal, Hotdogs and Hamburgers, Shell fish from Portugal, Surinam specialities,

Braai from South Africa, Indonesian Cuisine and Cakes, Pies, Pasties, Sandwiches and Cream Teas from the UK, Danish open sandwiches and Slush Puppies.

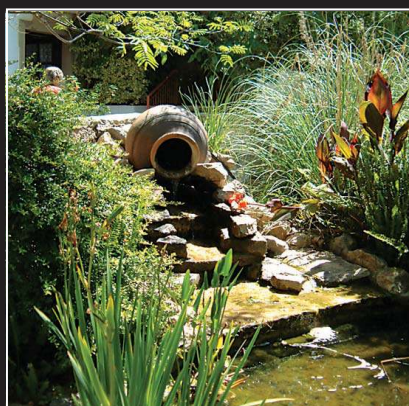


## Puff Park

Children will love this adventure area with several giant inflatables. There will also be clowns, face painting and a real fire engine to explore. This year Puff Park will be located in the Arena, so parents can be close to their little ones while they eat and enjoy the entertainment.

## All Day Entertainment

The lineup already includes Harp John in the garden area, the Peruvian ensemble on the grassy banks among the stands plus OO-Boop-I-do, Country Singer J.J. Johns, A Kinda Swing and Legends in the Arena.



## Show Gardens

Landscape Gardeners and Garden Centres are invited to participate in **The Portugal News LANDSCAPE GARDENER Spring 2008 Award**. See page 34 for full details

## Arts & Crafts Market

A dedicated section for artisans to show off their wares. Made especially simple for the purpose, spots can be rented for only 53 euros



## The Algarve Property Show

This section will be situated in the Pavilion for visitors who are thinking of selling, buying, trading up, or moving to something smaller. They are invited to meet the leading agents and talk to finance companies.

## Motor Show

Where visitors can see the latest models and talk to motoring experts. Also situated in the Pavilion



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## Let's Walk near Bensafrim

February 27th

A moderately easy walk of 2.5 hours through beautiful & unspoilt countryside which is under threat from developers. (we have to ford the river twice - its not deep but just be aware). All are welcome, please just come along.

10.30am start meet at the cafe by the market in Bensafrim. Drive westwards along the A22 until it ends and at the roundabout take the first exit which takes you into Bensafrim. In the centre of the village by the lights turn left - there is a large square with the market and cafe at the far end.

## Let's Walk to Aguas Bellas

Saturday March 1 (no Monday walk)

An interesting 2 hour walk in this remote area over the hill tops, some short climbs. All very welcome.

10.30 start - meet at the Cafe Terinho, 2km from Silves. Drive over bridge into Silves, turn right & at next roundabout go left and turn right beside the cemetery. At the far end of the cemetery turn right again and follow the road for 2km, the cafe is on the left.

Walk leader for both: Julie Statham (965 753 033).

There is a charge of 5 euros per walk which includes a donation to charity.



## Vale Vigona & Vale das Pocas

Saturday March 1st

Walk will start at 10:00 from where the cars are parked. This is an easy to moderate walk of 2.5hr duration on good roads, tracks and paths. Approx 11kms. Lunch will be available after the walk. Pets are not allowed.

**Directions:** From Silves, take N124 to Messines, remain on N124 to Alte & Salir.

At Alte Cemetery roundabout follow sign to Centro, third exit. After 150m take an acute left turn up the hill for Santa. Margarida. Climbing for 1km and pass the Alte Hotel before descending. Approx 500m from hotel there is a left turn with numerous signs with Termos on the top, turn left here and follows this road (Rua Cruz dos Termos) for approx 250m where there are more multiple signs with Torre at the top, bear right here and go a further 250m to parking area opposite track called Caminho do Carrascal.

From A22, take A2 in direction of Lisbon and come off at Messines/Silves toll, after tolls take third exit at first roundabout, signed N124 Paderne and Salir and then as above.

Contact Simon & Lin 282332168  
John O'Neill 969459029

## Captain's Charity Day



Pictured from left to right are Doug Walters, Jorge Rosa, Declan Dempster, Tony McHale Captain, Ana Vice Principal, Kevin Powell and Fatima Pires.

On Monday 11 February Golfe Clube de Tavira held the Captain's Charity Day sponsored by Intermarche in order to raise funds for the 2nd Jorge Correia School in Tavira.

64 members supported a Stableford event and raised €1,065 which included €235 contributed by Kevin Powell

who earlier in the month had completed a sponsored cycle ride from Vila Real St Antonio to Lagos.

The winner of the competition with 38 points was Declan Dempster with Jorge Rosa second with 37 points and Doug Walters third with 36 points.

## Oitavos Dunas Golf

First Challenge for TOFFS Golf Society



The TOFFS Golf Society began the 2008 season (its tenth) under a new Captain, Hans Ludolphi, at Oitavos Dunas Golf on Wednesday, 13th February. A record number of guests - five - also teed off in windy and challenging conditions.

The winner on the day was Carl Eggers with an excellent 32 Stableford points. In second position was Hans Ludolphi, on

a count back, with 29 and in third, also with 29, was Eddie Leitao. The guest prize was taken by Chris Goulding with 30 points.

Following the competition, a delicious buffet lunch was enjoyed at Restaurant Rola na Areia, where two additional members, temporarily incapacitated from playing golf, were also welcomed.

## CASA Social Club AGM

On Saturday February 15, CASA held their AGM at a new venue - the restaurant Poco Patido, Carvoeiro, with over 60 members present. The Chairman Norman Thompson in his annual report thanked the members for their continued support of their various functions and their generous support of the raffles which enable them to continue their charitable efforts, also not to be forgotten the background assistance of the Committee. He also welcomed a new Committee member, Treasurer Margaret Brito, who is replacing Franz Pechaur who after a recent illness has returned to the UK. The



CASA Chairman Norman Thompson giving annual report (Photo: P. Fowler)

trip last November was a great success due to the efforts of Mary King. The trip this year was being planned to cover Southern areas of Portugal and Spain. The Chairman and Committee were re-elected un-opposed.

## BOWLS ALGARVE

### Exeter Friendly Society League

Wolves scratch the Tigers, Cats punish the Sinners

Only two more rounds of matches to go in this year's championship and still no clear winner although the Crusaders tighten their hold on the lead. At Vale do Lobo, the Wolves entertained the Tavira Tigers and won by 68-46 and by five points to two, thereby keeping in touch, although they are 17 points down on the Crusaders with two to play. Over at CPO, the Cats had another good day, beating the Sinners by 71-44 and taking six points to one. The Cats are now eight points behind. PDF Crusaders were at home to the Tavira Titans and had a very convincing home win by 114-16 and seven points to nil. It must be mentioned however that the Titans did well to fulfil the fixture as they had to field a weakened side due to illness. Finally at Alvor, the Greens played their stablemates the Gladiators and ran out winners by 64-49 and five points to two. This leaves the Greens in second place but

six points down and they only have the one match left. Harlequins could only sit and watch as they were resting.

Overall then the Crusaders have 67 points, Greens are on 61 closely followed by the Cats on 59. Then come the Harlequins with 51 and the Wolves with 50. Tigers are on 47, Gladiators have 42. The Sinners have 40 points and finally the Titans are on 37.

The Championships have reached the semi final stages, these to be played at Tavira on 8th March with some matches possibly to play on Friday the 7th, depending upon who qualifies for which semi finals. More on this next week, when the picture will clarify a little. Otherwise, Alvor won the super ten competition finals played at VDL, beating Vale do Lobo in an exciting final. CPO Pipped PDF for third place earlier in the day.

Alan Clarke  
League Director

**\* Diary date - Sunday March 16th - Let's Walk with our Dogs (charity walk for the Bamboo animal sanctuary) a 10km walk near Salema, with a short 4km loop for less abled owners and pets. Walk leader: Julie Statham**

## Lions Big Spring Sale

The Lions Clube de Loulé are holding their 'Spring Sale' at the Centro Comunitário in Almancil on Sunday March 2nd, 09.30 - 12.00. On sale at bargain prices will be nearly new clothes, linen, bric-a-brac, shoes, books. The many generous donations of good quality items we have received will make this sale well worth coming to.

For further information of this event please contact Bruce Allen on 282 444 874.

## Vale de Milho Golf

*Ideal for short game practice!  
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# Sorry, can you say that again?

We're more likely to mend a TV or fix a leaky tap than we are to get our hearing tested, according to new research compiled for Hearing Clearer Month this January. We reveal how to spot if you've got a problem and what you can do to protect your ears from further damage.

If you constantly find people just don't speak clearly enough these days, and you struggle to hear people during noisy parties you're not alone. But the problem may lie at your door; it could be your hearing letting you down.

Around nine million people suffer from hearing loss, yet most consider even simple household DIY problems more important to tackle before getting help, according to new research.

Few have hearing tests - less than 10% had a test in the last year - while only one in three who could benefit from a hearing aid have one.

The national neglect of one of our key senses may leave many people unnecessarily leading isolated, difficult lives and prone to associated symptoms like depression says audiologist Heather Pitchford of David Ormerod Hearing Centres.

Yet the company's research to

mark Hearing Clearer Awareness Month in January found people are seven times more likely to check their teeth than their hearing, and would give priority to sorting out a faulty television or leaky tap rather than arranging a hearing test.

Pitchford says: "It's staggering, but because hearing loss can be gradual over years, an enormous number of people are completely unaware they have a problem. They've simply become used to impaired hearing."

"There will be signs if it's severe. They may start to limit their life to exclude social activities that make them feel uncomfortable or even depressed because they can't hear properly - like going to the cinema, playing sport or even give up at work. But many won't consciously put those life-limiting decisions down to their hearing problems."

Another significant propor-

tion refuse to admit or face hearing loss, viewing it as an unwelcome sign of ageing.

"Some people are too embarrassed, or sometimes frightened to face the fact that they can't hear properly. They'll make excuses - saying that other people mumble or don't talk clearly, or that too much noise around them makes it difficult for them to hear," she adds.

"It's often a partner or friend that pushes someone to do something about their hearing problem, because they are being driven mad by the person continually saying 'pardon' or asking them to repeat things."

Over half of all people aged over 60 are hard of hearing or deaf, and it is the most common chronic condition in older people after arthritis and blood pressure. The problem costs the UK £13.5 billion in lost earnings each year.

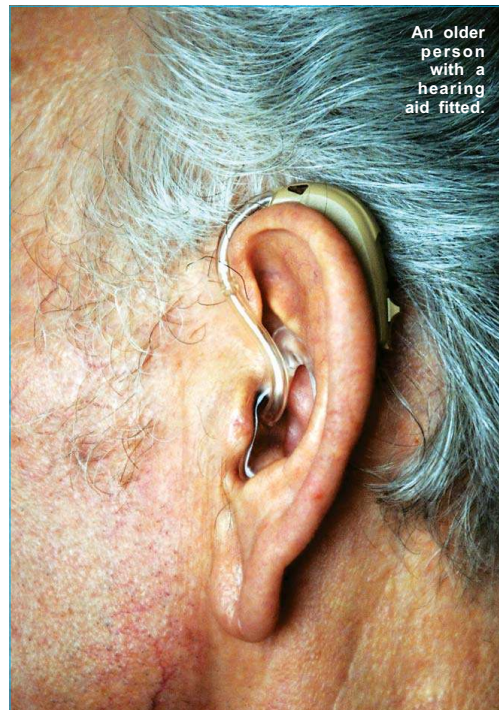
Dr Mark Downs, executive

director of technology and enterprise for the RNID (The Royal National Institute for Deaf and Hard of Hearing People), is calling for increased funding for vital research to prevent or treat hearing loss.

He believes that: "The cost to people's quality of life from hearing loss is immeasurable. And with an ageing population and high levels of social noise, the problem is set to increase."

There are many causes of hearing loss, resulting from damage or disruption to any part of the hearing system. These range from wax blocking the ear canal, causing a temporary problem, to age-related changes to the sensory cells of the cochlea (presbycusis), otosclerosis, a condition in which the ossicles of the middle ear harden and become less mobile, through to head injury or brain damage.

Certain drugs, such as some



An older person with a hearing aid fitted.

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A doctor examines a child's hearing.

powerful antibiotics, can cause permanent hearing loss. At high doses, aspirin is thought to cause temporary tinnitus - a persistent ringing in the ears.

Treatment depends on the cause. Infections or blockages of the ear can be treated and cleared, eardrums can be repaired surgically, and ossicles affected by otosclerosis can be replaced with artificial bones.

If there is no cure for the hearing loss - as with age related loss, a hearing aid can be the answer. It

should help you hear everyday sounds like the telephone and make it easier to follow conversations with other people. If you have tinnitus, you may hear it less with a hearing aid and if your hearing loss is similar in both ears you might benefit from two.

Pitchford says: "Hearing aids nowadays are a world away from the bulky, unsightly aids of yesteryear. Now they are cosmetically acceptable and discreet and with digital technology are improving all the time."

In the UK, hearing aids are free from the National Health Service or can be bought privately from a registered hearing aid dispenser.

The RNID is campaigning to reduce the waiting time for NHS hearing aids to 18 weeks. Recent research found that 39% of new patients in England wait more than a year to get their aids.

#### HAVE I GOT A PROBLEM?

If you answer yes to any of these questions you might benefit from a hearing assessment.

1. Are you constantly asking people to repeat themselves?
2. Do others complain you have the volume turned up too high on the TV?
3. Do people always seem to be mumbling when they talk to you?
4. Do you have trouble hearing the doorbell or telephone?
5. Do you find it easier to follow a conversation if you are looking directly at the person speaking to you?
6. Do you find it hard to follow a conversation in a group?

#### WHAT CAN I DO?

Audiologist, Heather Pitchford says: "I'd suggest that those over 50 routinely have their hearing checked every two years, but should go more frequently if worried or advised by an audiologist."

"The sooner people have problems detected, the better the outcome. After living with impaired hearing for years it is much harder to retrain the brain to recognise normal sound levels and clarity."

"Those under 50 should have their hearing tested around every five years, but seek advice if they have problems."

:: A free hearing test can be organised with a GP.

:: RNID's telephone hearing check allows people to take a confidential, five-minute check on their hearing. Make the call in a quiet place at home or work: 0845 600 5555/ [www.breakingthesoundbarrier.org.uk](http://www.breakingthesoundbarrier.org.uk)

:: David Ormerod Hearing Centres, which operate in Boots stores, offer a free five-minute hearing assessment for anyone worried about their hearing or a free Essential Information Pack. Call: 0845 270 3916/ [www.hearingclearer.co.uk](http://www.hearingclearer.co.uk)

#### NOISY WORLD IS PROBLEM TIME BOMB

Excessive noise is an important cause of particular pattern of hearing loss, contributing to problems for up to 50% of deaf people. Avoiding it can reduce the risk of deafness.

Although loud music is often blamed (and MP3 players are said to be storing up an epidemic of deafness in years to come) research has also blamed tractors (for deafness in children of farm-



"Some people are too embarrassed, or sometimes frightened to face the fact that they can't hear properly". (Photos: Press Association)

ers), aircraft noise, sports shooting and even cordless telephones.

Research by the RNID found that 90% of young people experience hearing damage after a night out, and two thirds listen to MP3 players at dangerously loud volumes.

Emma Harrison, head of campaigns at RNID says: "The Government needs to make hearing health a priority. Young people need to be educated so they can make choices about the risk of exposure to loud noise."

"If we are to avoid a hearing loss time bomb, manufacturers of music players should include clear on-pack warnings and link volume levels to decibels."

See what you're missing at:  
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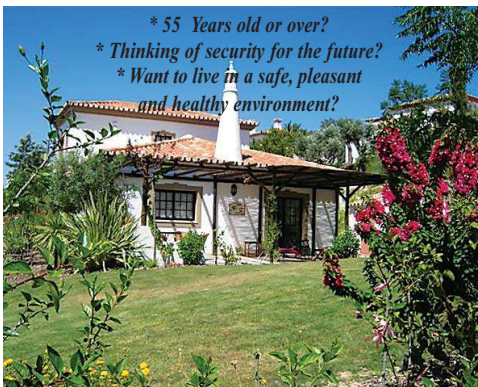
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# Around the world in seven

Hong Kong, Auckland and LA help to beat the jetlag of the seven day globetrotter.



Perhaps the perfect antidote to Heathrow gridlock on a cold, grey early winter's day is a silent glide by cable car to a peaceful monastery on the outskirts of balmy Hong Kong.

The new 3.5 mile Ngong Ping Skyrail - with stomach-churning views to the sea below should you choose to look - deposits passengers at the monastery which until recently was only accessible by a long, winding road. Incense was thick in the air and I couldn't feel further from London.

The stopover was a fine start to a round-the-world journey which took me as far as New Zealand via the East and then back to the UK via the West - Los Angeles. The new route gives travellers the first chance to circumnavigate the globe on the same airline from the UK, and the option of flying out in either direction.

Hong Kong is a new addition to the Air New Zealand route, and for those with only hours to spare the monastery cable car is close to the airport and easily accessible. There is, of course, the



rest of the island to explore, a sophisticated city with beautiful restaurants and bars and remarkably good shopping.

The Wan Chai area, the business and entertainment district, is packed on any night with young people and expats. While the quality of the food is well known, it also boasts some truly stylish bars. Dragon-i, the preferred haunt of English footballers when in these parts, is one such place. It's all bamboo and birdcages, with the warm breeze floating into the open area above the busy streets below.

It's worthwhile staying up late in Hong Kong to see the city lit up. The Symphony of Lights, in the Guinness World Records as the world's largest permanent light and sound show, is a must-see. Retail never stops, and the Temple Street night market offers an alternative to bar-hopping.

It is easy to fill at least two days here. The market shopping is justifiably famous, if not necessarily to buy (although it is hard, and probably financially silly, to walk past the electronics) then simply to experience the flower and fish displays.

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# days

But it was time to move on. The stopover had not only made the prospect of another 10-hour flight bearable, but it also helped me acclimatise to a southern hemisphere spring. Instead of feeling jetlagged on arrival in Auckland, it was straight down to the city's beautiful waterfront for fresh air and wine.

It's a nice walk or a short bus trip to the viaduct area from Molly's Hotel in the seaside suburb of St Mary's Bay. The hotel, named the best new small hotel in the world last year by Harper's Hideaway Report, is a luxurious start to the New Zealand leg and is also perfectly placed for the trendy cafe area of Ponsonby.

The possibilities in Auckland, and of course the rest of the country, are limitless, and it is easy to mix city sights with outdoor pursuits without spending hours travelling.

The region boasts three har-

bours, two mountain ranges, 48 volcanic cones and more than 50 islands. It is also home to more than 80 vineyards, including Waiheke Island's highly-regarded Stonyridge.

Iconic volcanic island Rangitoto, a dominating landmark in Auckland's inner harbour, pushed its way through the ocean floor about 600 years ago. The walk to the summit through rugged black basalt lava ends with spectacular 360 degree views over the harbour and back to the city.

But nature-lovers should head straight to Tiritiri Matangi Island, an internationally-recognised conservation success story. It has been cleared of predators and more than three million native trees have been planted. Around a dozen species of endangered birds, including the extremely rare takahe, are now thriving.

For those with more time,

Great Barrier Island is an unspoilt haven four-and-a-half hours by ferry or 30 minutes by air from Auckland. A popular destination for boaties in the summer, it has no electricity network, yet manages to provide luxury accommodation and gourmet dining as well as camping, hiking and fishing.

The Tamaki Hikoi, a Maori guided walk of Auckland, gives visitors a sense of the importance of the culture in what is a proudly bicultural country. The walk begins with a karakia, or prayer, in the dormant volcano Maungawhau (Mount Eden) and stops along the way at places of historical significance to Maori.

Potiki Adventures is another option, offered by directors Melissa and Bianca who are keen to share their outlook on life as young Maori women. Trips can include walking through native forest and across beaches learning about traditional Maori protocol and legends.

It is very easy, however, to spend time wandering from cafe to cafe, although the fantastic food no longer comes cheap. Despite the favourable exchange rate for visitors travelling on the



Pictured above: Medlands Beach, Great Barrier Island, Auckland, New Zealand; below left: Grape Vines on Waiheke Island, Auckland; below right: Sailing of the Auckland coast. Opposite page - left: Dining in the Viaduct, Auckland, New Zealand; top right: Journey of Enlightenment: Ngong Ping Skyrail cabin over North Lantau Country Park, Hong Kong; and below right: The Hotel Roosevelt, Los Angeles, U.S.A. (Photos: Press Association)

island, it is still possible to spend a large chunk of the holiday budget just sitting and sampling the fare.

Fortunately, the wrench of leaving the warmth and fresh air of this beautiful city for cold, dreary London was postponed with the western leg of the jaunt. And splitting the 24-hour flight back with a night in LA can mean the difference between a miserable and a manageable return to the UK.

There's no better place to get an instant dose of Hollywood glamour than the Roosevelt Hotel, which is almost directly over the road from the Kodak Theatre, home of the Oscars. Its front door opens onto the Hollywood Walk of Fame and there are numerous tours departing nearby taking in the neighbourhood of the stars.

But weary travellers needn't leave the hotel for some Hollywood history. The Roosevelt's Blossom Room hosted the first-ever Academy Awards ceremony

on May 19, 1929. Sweeping renovations last year have made the hotel and its Tropicana poolside bar a Hollywood hotspot, where the latest young stars go to party.

Marilyn Monroe was a resident at the hotel for two years when her modelling career took off and her first magazine shoot was taken on the recently-relocated diving board on the pool. A mirror which one hung in her room, Cabana 246 overlooking the poolside, is now in the lobby. The pool, heated and surrounded by fires at night, contains a mural painted by David Hockney.

It is incredibly easy to settle with a cocktail in the comfortable loungers by the pool and relax for hours on end, but it was time to go home.

#### TRAVEL FACTS

∴ Josie Clarke travelled around the world with Air New Zealand, the only airline to offer a global flight out of the UK via Hong Kong, Auckland and Los Angeles.

Prices start at £784/€1,045 in Economy Class and include stopovers in Hong Kong, Auckland, Wellington or Christchurch and LA. Premium Economy prices start at £956/€1,274, Business Premier from £2,274/€3,030.

Return flights (Economy) to Hong Kong only start from £466/€621. All fares include taxes.

Air New Zealand reservations: 00 44 (0)800 028 4149 or go to [www.airnewzealand.co.uk](http://www.airnewzealand.co.uk)

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# True beauty comes from within

## Know-how

Hair is composed of protein and minerals and depends on nutrients to maintain good condition and achieve that elusive super-shine.

If you want healthy talons and lustrous locks, Susan has this advice: "Increase your intake of essential fatty acids, which nourish hair and nails. EFA oils can also be used topically on your hair or nails. Also take a good multi-vitamin and mineral tablet - minor deficiencies are often at the root of problems," she advises.

Eating foods high in vitamin B, or taking a supplement can also help encourage healthy hair and nails. But improving your beauty assets isn't all about 'you are what you eat'.

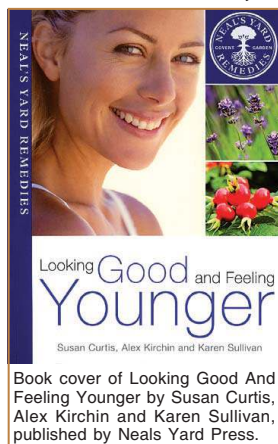
"Moisturise and massage regularly," Susan recommends. "This will hydrate and encourage healthy circulation, which means that oxygenated blood, full of nutrients, reaches the hair and nails. Use essential and healthy oils to nourish."

## Fertiliser For Hair And Nails

If all else fails - and your healthy living diet plan's gone to pot - try a supplement or stimulator to promote hair and nail growth. You may notice a significant improvement in as little as two or three months.

Looking Good And Feeling Younger, is published by Neal's Yard Pressis available now.

Lisa Haynes



Book cover of Looking Good And Feeling Younger by Susan Curtis, Alex Kirchin and Karen Sullivan, published by Neals Yard Press.

**I**n New Year detox and dieting regimes have already become a distant memory, you can still give your beauty a boost in other ways. Beauty oils, growth stimulators and supplements can give your hair, skin and nails an added lift.

"By ensuring that your body has the nutrients it needs, and including a few key herbs, oils and other remedies in your regular routine, you can quickly improve the quality of your skin, hair and nails," says Susan Curtis, director of Neal's Yard Remedies and author of Looking Good And Feeling Younger.

"Supplements do not replace the need for plenty of water, a good balanced diet and regular exercise, but provide the key nutrients needed and guarantee adequate levels of the building blocks for healthy skin, hair and nails."

Look good from top-to-toe by enhancing your body from inside out...

## Supplement Your Diet

You may be clued-up on your favourite make-up products and potions but where do you start on searching for the right beauty-boosting supplements?

Susan says: "The key nutrients that should be included in your diet via food or supplements are essential fatty acids which nourish and moisturise the skin from within, calcium which adds strength to hair and nails, and antioxidants which are essential to protect against environmental pollutants and sun exposure and reduce the impact of ageing."

And you don't have to wait months to see results. Start taking beauty supplements for skin, hair and nails and most people will notice some improvement after just two to three weeks. After six weeks real changes should be noticeable, according to Susan.

## Super Skin Secrets

Ever wondered how Hollywood stars radiate that golden glow? You don't need to go under the knife or have a facialist on speed dial to achieve radiant skin. Just add a few special ingredients to your diet.

Susan's herbal secrets should give your skin a surgery-free, cheap and cheerful lift. Scour your local health shop or supermarket for these beauty ingredients:

- Rosehips, drunk as a tea or sprinkled into salads, are rich in collagen-producing vitamin C.

- Dandelion, camomile and peppermint teas encourage healthy elimination, which can reduce outbreaks.

- Liquorice root combats many types of dermatitis, reduces skin inflammation and is useful in treating symptoms of stress and allergies.

- Parsley is much more than a garnish. It is high in vitamins A, B and C which are all great for skin.

- Alfalfa boosts the body's immune system due to its concentration of calcium, iron, magnesium, phosphorus and sodium, which encourage healthy skin.

## Skin Cheats

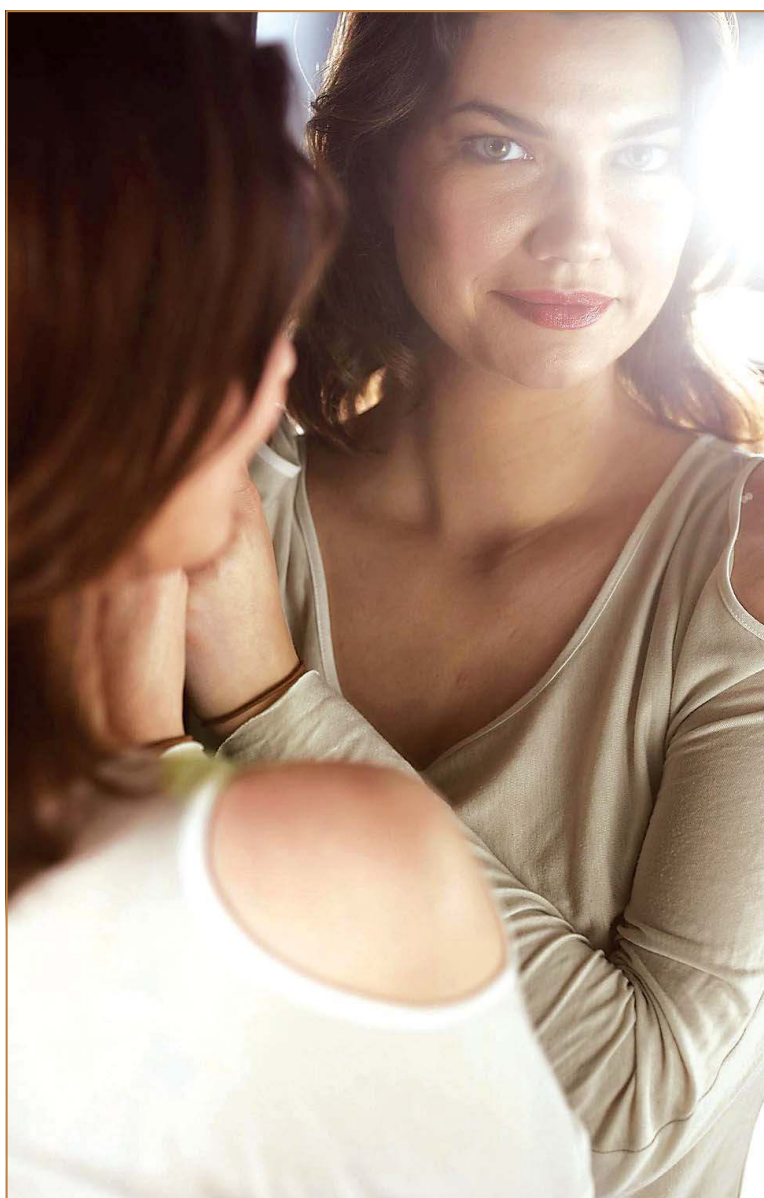
Oils rich in essential fatty acids are your secret to sensational skin.

"Applying the right EFA-rich plant oils to the skin helps to prevent water loss, repair the natural lipid (fatty) layers and restore barrier functions - all of which have an anti-ageing effect," Susan reveals.

Good examples are borage, evening primrose oil, pumpkin seed oil, rosehip seed oil.

If you don't fancy the idea of swallowing or applying oils to your skin directly, skin supplements should work from inside out to complement a daily beauty routine.

## Hair And Nail



You may be clued-up on your favourite make-up products and potions but where do you start on searching for the right beauty-boosting supplements? (Photo: Press Association)

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**60 Lojas Stores 6 Cinemas 12 Restaurantes**



# The trouble with boys

With much of the current concern about crime and violence focused on young males, many parents are looking for extra advice on how to raise decent sons. We speak to the author of new book, *Growing Great Boys*, about his practical strategies for bringing out the best in male children.

With violent crimes committed by teenage boys dominating the headlines recently, there is a very real fear that too many young males are out of control.

Many people blame the parents of course - but what can those parents do to ensure they bring up decent sons?

A great deal, says parenting expert Ian Grant, whose book *Growing Great Boys* has just been published.

"There's always a huge debate

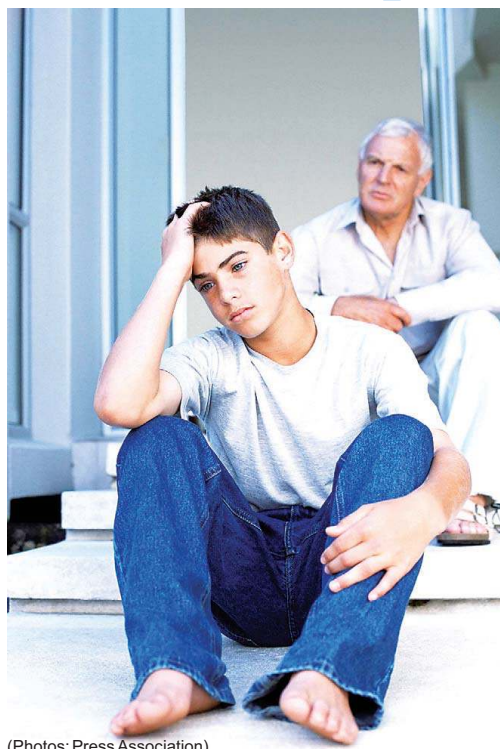
on whether it's nature or nurture that makes people the way they are and I'd suggest they both work together. But parents are the key," says Grant, who runs the parenting organisation Parents Inc in his native New Zealand.

His book aims to give parents practical strategies to bring out the best in their sons, and contains separate chapters for pre-school boys, the middle years and teenagers, as well as information on the role of mothers and fathers, talking about difficult issues, and so on.

He says parents striving to ensure their sons aren't dysfunctional need to give them 'can do' talks to stress they've got what it takes to make it in life, give them a plan and the ability to learn to live with the consequences of their actions.

In addition, he says: "You've got to allow his emotions to come out, but give him ways of dealing with them.

"A lot of boys haven't been allowed to do that, so they get into problems because they've never been able to express how they feel.



(Photos: Press Association)

"You've got dysfunctional kids brought up by dysfunctional parents, who were themselves brought up by dysfunctional parents and it just goes on and on."

He points out that a recent Harvard University study found that the best deterrent to teenagers getting into bad behaviour is that they don't want to let their parents down.

But he warns that when boys become teenagers, they turn into pack animals with their peers. To deal with this, mums and dads have to in turn become 'pack animal parents'. The idea, he says, is to exchange numbers with other parents, so that when a teen says his friends' parents let them do something, you can check.

"I've found this to be an amazing success. I thought boys would fight it, but they actually feel very secure with it. Often boys don't want to do stuff, and their mates make them do it."

He says fathers need to remem-

ber that "the greatest thing a man can do is love the mother of his boys.

"When a boy sees that going on at home, and he's told, 'I'm so glad you're part of our team', that helps him through those teenage years."

The key with boys, he says, is persistence and consistency. They need to know three things: who's in charge, what the rules are and that they will be enforced in a fair way.

He adds: "Parents don't need a big talk about the emotional make-up of boys, they just want hot tips that work, and that's what I've tried to give them in the book."

Lisa Salmon

**Growing Great Boys**, by Ian Grant, is published by Vermilion, priced £8.99 / €12. Available now.

## ASK THE EXPERT:

Q. "Which way of disciplining children gets best results - shouting and light smacking, or modern techniques like the naughty stair and time-out?"

A: Dr Harriet Hiscock, who led an Australian study into the effects of parenting styles, says: "In our study of 700 children, we allowed half the mothers to bring them up from the age of one in the way they saw fit, and the other half to attend parenting classes to learn what to expect of their child's development and how to manage misbehaviour.

There they were taught the value of developing a warm and sensitive relationship with their toddler by abandoning smacking and shouting, in favour of ignoring or distracting and praising and rewarding.

"By the age of two, parents who went to the classes were more likely to know what to expect of their child's development and less likely to use harsh and abusive discipline practices.

"However, the children whose mothers went to parenting classes were no less naughty than the children whose mothers disciplined them their own way, and their mothers were just as stressed.



"This suggests that a brief parenting programme isn't enough on its own to prevent child behaviour problems.

"Research tells us that for minor behaviours such as whining, or throwing a tantrum, the best ways to respond include distraction, ignoring or applying the logical consequences.

"For more serious behaviours such as hitting or biting, 'quiet time' or 'time out' can be useful."

## THREE WAYS TO... Get your child to stay in bed

1. If they get up, walk them back to bed immediately, without over-reacting or giving much attention.

2. Don't weaken to crying or whining, and tell your child you're not going to keep coming in. Stick to it.

3. Either stop them napping during the day, or make sure the naps are shorter and earlier.



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## Compassion for the Lesotho Aids orphans

Jill Kinsey is a missionary with a heart for the destitute, especially children.

In February 2006, under the authority of the Lesotho Methodist Church, Jill officially opened a Children's Centre in Semonkong, to alleviate the suffering of the 2,000 AIDS orphans in the area.

Initially 21 of the most desperate orphans, between the ages of 6 and 14 years, were given a place to live. The centre currently has 66 children living in. One is just a young baby, of about 3 months who we unfortunately suspect to be HIV infected.

The Centre is always growing in numbers, and is always in need of help. They also have a shepherd school with 43 boys who learn in the evenings after their flocks are away.

Semonkong consists of 84 rural villages in Lesotho, Southern Africa.

The Centre has a desire to keep orphans within their own communities, only children in dire need will be brought into live in care. Sadly, such children do exist. Child-headed households continue to grow and they are extremely vulnerable units. These children need to find secure homes.

There is a plan to start a new project this year in four small villages near Quthing, in the far south of Lesotho where 120 orphans await help.



Isaiah is an incredibly funny and bright young lad. He is one of the 4 HIV infected children we have living with us. He is, however, really doing well. His soccer skills are improving along with his English. Isaiah is about 8 years old now. He is getting by at school but appears as if he will grow up to be a bright boy. He is the youngest of the 'Men' we have: the young boys stay with the girls, but the 'men' stay in the boys house, and he is the youngest staying there. His face lights up whenever the drums are played in church, and his favourite song is 'if you're happy and you know it' - except he always gets the actions mixed up. I will never forget Isaiah one cold winter morning in the snow. He waddled up to me, and in perfect English said: 'It is very cold...'

### The Centre is funded by gifts or donations.

#### To make a donation:

If you would like to help us with a small donation to buy a blanket, the details are:

Barclays Bank Isle of Man Branch ACC. Holder: Mrs. Jill Kinsey.

Acc Number: 80014540 Sort Code: 20.26.80.

Iban No.: GB.79BARC.

Our bank account is ATM only and we get no details of depositors. So please do let us know by email if you make a donation, as we would like to say thank-you. Visit my website at [www.freewebs.com/semonkongchildrenscentre](http://www.freewebs.com/semonkongchildrenscentre) or email [jill@leo.co.ls](mailto:jill@leo.co.ls)

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## Algarve Laptops.com - making IT easy



Computers, you either love them or you hate them. When all is well they can offer hours of pleasure and entertainment. But crashes, viruses, something to do with Trojans and horses and those annoying, incomprehensible error messages can turn them into your worst nightmare. If you ever felt like hurling the mouse across the room or overwhelmed at the thought of even switching a computer you need to have a chat with IT experts Algarve Laptops (no techie-talk involved - guaranteed!).

Algarve Laptops aim to teach people how to enjoy and make the most of their computers; that blips and errors occur for reasons that don't necessarily mean expensive repairs, and that - most importantly - computers are fun.

Their refreshing approach to helping clients better understand their computer is entertaining and engrossing, using illustrative examples and charismatic comparisons. A technician will pay a home or office visit and give one-to-one tuition at your pace and in a simple, clear language you will understand.

Computer users are taken step-by-step through the different operations and functions of their computer, with plain, easily comprehensible explanations.

As the name suggests, Algarve Laptops will also find you your ideal computer, one that suits your particular needs,

whether it be for sending emails to the family and browsing online, or if you want a more complete system to act as a dependable, reliable business partner.

Branded Computers (desktop and laptops) are ordered from the UK and therefore have an English keyboard and operating system - or as Algarve Laptops would say, "it is all in English". And at some of the lowest prices available.

The company can also help with signing up newly arrived residents to Portuguese Internet operators, for example, with Portugal Telecom, so you don't have to brave the language barrier.

Setting up wireless networks (so you can use your laptop anywhere, round the pool, in the garden, on the roof terrace...) is another of Algarve Laptops' services, so you can make the most of your computer, your time at home, and the weather!

Any technical problems that may arise can be resolved

swiftly and easily. Just drop your PC off at the Algarve Laptops operations centre, which is conveniently located on the EN125, near Aqualand and the Alcantarilha roundabout.

As the company has its own workshop, repairs can be done in-house, making it quicker and easier to get your PC ship shape.

Algarve Laptops is a UK-owned and run business with international experience. Algarve Laptops has been tailored to the ex-pat market and specialises in english laptops and desktops. Algarve Laptops looks set to become a household name.

If you would like more information, contact Algarve Laptops on: (+351) 282 312 044, shop mobile: 913 087 160, e-mail: sale@algarvelaptops.com, or see website: www.algarvelaptops.com.

Alternatively, pop into the shop, there is ample, and easy parking.

## Mares do Sul – Winetastic!



Mares do Sul is a small quaint restaurant with an elegant interior and a deliciously varied menu with hundreds of wines to woo your taste buds.

Located just before Pestana Viking Hotel in Armação de Pêra this restaurant feels cosy (seventeen tables) whilst looking très chique.

Starters include Soup of the Day, Clams 'Bulhão Pato' style, Prawn Cocktail, Prawn Kebab with Melon Soup, among others.

Every dish will make your mouth water just from reading its menu description.

As a teaser here are some of the main courses on offer, many of which are rarely seen elsewhere in Portugal. Black Pork Cheeks marinated in rosemary and breadcrumbs with bacon, Beef Tourneados (250g) with a Serra da Estrela cheese topping and Iberian Smoked Ham mantle, Monkfish and Tiger Prawn duet over a velvety coriander sauce (pictured), and Flamed Tiger prawns in a homemade pasta nest with fresh mushrooms.

Vegetarian and children's menus are also available.

To accompany the main



course there are more than 130 wines (many sold by the glass), most of them produced in Portugal but with various international, wines also comprising the wine list.

For dessert, delicious combinations like Fragrant Coconut Pudding with wild berries cream, Vanilla Ice cream over a peppered strawberry garden, and Tropical Fruit, are featured in the menu.

With a small staff of four, two in the kitchen and two experienced waiters (in summer numbers will grow), the Mares do Sul team is

happy to offer advice and suggestions on which wine to choose to accompany meals. Local information and excellent service completes the overall package.

There is a downstairs area, which is open in the summer, where guests can enjoy a little more privacy, with entertainment including karaoke, occasionally live music and a bar. Furthermore, a small outdoor terrace provides an ideal setting for those warm summer nights, when outside seems more suitable than inside.

Perfect for a romantic, satisfying meal this restaurant is open everyday from 18h00. For more information visit their website [www.maresdosul.com.pt](http://www.maresdosul.com.pt), email [info@maresdosul.com.pt](mailto:info@maresdosul.com.pt) or call for reservations on 282 102 264.



## Pneus Pateiro, the best for your car



Recently opened close to Parchal, Pneus Pateiro is the best possible choice for discerning vehicle owners, offering a top-quality service at very agreeable prices.

Alberto Belchior and Paulo Mimoso opened Pneus Pateiro in of September 2007 with the purpose of giving car owners a good, reliable car service.

Paulo Mimoso has over 21 years experience in the motor industry, so you can rely on his background for a professional job to be done. The large, clean workshop is equipped with brand new machines for directional alignments and balancing.

With all kinds of quick services available, they offer drive-in, drive-out services for the likes of tyre changes, battery replacements, balancing, quick mechanical services, exhausts, motor oils and brake pads, etc.

Pneus Pateiro will ensure your car is fit and ready for the feared M.O.T. inspection, making sure it will be a one-visit inspection.

A team of five mechanics harmoniously carry out the work in as little time as possible, and, due to competitive prices on all their services and products, the bill will not be a shock!

Every month Pneus Pateiro features different campaigns on various products, offering good value for money purchases.

They service passenger vehicles, commercials and 4x4s and, in the near future, will cater for lorries too.

They have a wide range of tyres always in stock, with famous FUNDA tyres being one of the most popular. At the reception customers can browse through catalogues and place orders on a vast range of products. The helpful receptionist speaks perfect English.

Despite only being open for five months, Pneus Pateiro already have regular customers, though, due to the size, always have room to expand their healthy client list!

Located behind the Angel Pilot building in Parchal, owner Alberto Belchior thinks that business may have slowed somewhat with the

temporary close of Portimão's bridge, he is still there with a quality garage and his trained personnel.

Call Pneus Pateiro on: (+351) 282 423 437 or fax 282 423 439.



## Total Services' new heat-pumps



Renowned for having all the answers for problematic drains, Total Services have just brought in a range of pool Heat Pumps with very competitive prices.

Eileen and John Dickinson have been in Portugal for 23 years and opened their drain cleaning business due to the demand they were felt at the time. Eight years on they now have a van, a big truck for emptying septic tanks and a lot of customers who rely on them for their drain cleaning services.

Now they are selling heat pumps for pools. These heat pumps come from a company called Jetstream in England. This company has been around for 20 years and as far as Eileen is aware Total Services have the best prices on the Algarve.

For an average 10m x 5m pool a mid range pump will be necessary, at a price of €3,675 + IVA. They have pumps ranging from €2,550 to €4,725 which are top-notch quality. All pumps are compact in size, emit a very low noise level, have Titanium Heat Exchangers and come with a two-year guarantee. The delivery is immediate and a full back-up service is given, with replacements always in stock if necessary.

They are extremely energy efficient as well. For every unit of energy you buy, five times the heat is given in exchange. These pumps come in 1 or 3 phase sockets.

All pumps cost around €3000 to fit.

In the drains department Total Services now have a Power Pack-

age for cleaning and maintenance. This pack comes with Bio-Toilette and BioEnzyme, the bio-toilette cleans the toilet, whilst the Bioenzyme eats up all residues left in drains and septic tanks, for example grease and paper that clog up the drain field. These bio-products might seem a bit more expensive than your normal chlorine treatment products, but in the long run they prove to be more efficient because they don't harm the good bacteria that live in your septic tank. The good bacteria are what break down all the solids and leave your septic tank and drains smell-free, therefore repeated septic pumping and sewer cleaning will be avoided when using bio products, saving money.

Another product available is

the RootX.

When roots take over your drains you usually put a product down that will kill the whole tree, but now RootX only kills the roots it is in contact with and prevents re-growth for up to 1 year.

It is considered the first environmentally safe, easy to use, root killer on the market today.

Total Services is located just off the Odiáxere exit on the A22 motorway Lote 20 in the industrial estate nearby.

For more information go to the website [www.totalservices.info](http://www.totalservices.info), or contact John or Eileen on: (+351) 282 798 357, 936 317 096 or email: [dickinson@sapo.pt](mailto:dickinson@sapo.pt).





# PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 23 Feb 2008

## PROPERTY OF THE WEEK

### A new development in Olhão



If you are looking for a good investment opportunity, then this brand new development in Olhão, the Marina Village, could be the answer. Based on an innovative concept respectful of environmental values, this development boasts high quality construction and a unique design.

Also considered an excellent investment opportunity, the development is located alongside the beautiful Ria Formosa, one of the most unique and singular collection of islands and natural reserves Portugal has. Comprising one to three-bedroom apartments this new development has a strategically beneficial location, offering a unique opportunity to enjoy an unrivalled quality of life.

Ria Formosa, affords a variety of water sports, such as

windsurfing, sailing, canoeing, motor water sports, fishing, snorkeling scuba diving, which can be enjoyed.

Nature enthusiasts will be dazzled by the landscapes and extensive coastline of beaches, islands and inlets, just waiting to be discovered.

The panoramic views from the large balconies endorse the spirit of freedom and spaciousness that this area offers.

The fully equipped quality kitchens are fitted with appli-

ances from an international brand.

All living areas are light and airy, the colourful living-rooms appealing to one's senses, and the finishings being of a rare standard.

Features include: Wooden floors in the living, dining and bedrooms. Double glazing, air conditioning, and aluminium electric shutters are fitted as standard.

Each apartment block will have a heated roof-top swimming pool, and a plaza with a variety of shops is planned.

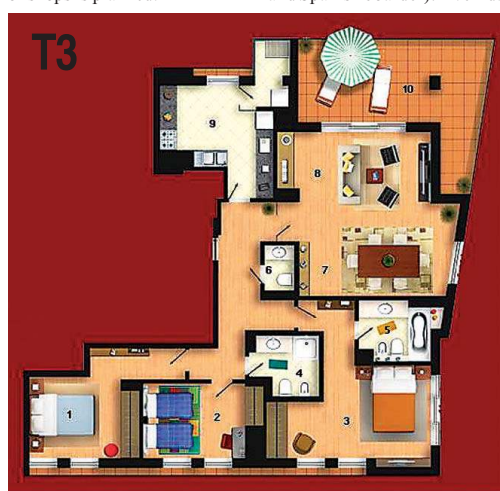


Prices start at €205,000.

For more information, call Carlos Barriga at Villas Luz on: (+351) 962 335 514 Villas Luz Head office (Algarve) - (covering the areas between Albufeira and Spanish boarder): Avenida

25 de Abril - Edifício Miramar, Loja B, 8700 - 038 FUZETA (Olhão). Tel: (+351) 289 798 099, or e-mail: carlos\_villasluz@sapo.pt / carlos\_barriga@kanguru.pt

Alternatiely, see websites: [www.reesin.com](http://www.reesin.com) (Portugal including complete Algarve) / [www.villasluz.com](http://www.villasluz.com) (East Algarve only).



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#### Bordeira

- Beautiful spacious villa
- Magnificent ocean views
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- Lovely barbecue terrace
- Villa 500m<sup>2</sup> plot 7.000m<sup>2</sup>

Ref. V149

Reduced to: € 750.000



#### São Brás de Alportel

- Attractive villa in the hills
- Lovely views to São Brás
- 3 bedrooms 2 bathrooms
- Pool & large terraces
- Garden & garage
- Villa 165m<sup>2</sup> plot 4.850m<sup>2</sup>

Ref. V878

Reduced to: € 445.000



#### Central / East Algarve

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#### São Brás de Alportel

- Spacious new villa
- 4 bedrooms 2 bathrooms
- Air conditioned
- Pool licence application
- Villa 220m<sup>2</sup> plot 3.200m<sup>2</sup>
- Basement/garage 60m<sup>2</sup>

Ref. V1067

Price: € 400.000



#### Moncarapacho

- Superb large quinta
- Separate guest house
- Total 6 beds, 5 baths
- Large indoor pool
- Tennis court, garage
- Bldgs 505m<sup>2</sup> plot 44.480m<sup>2</sup>

Ref. V1049

Price: € 1.300.000

### VILAGENTE



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#### Vilamoura

Duplex apartment composed of 3 bedrooms, 2 bathrooms, lounge with dining area, equipped kitchen, storage and terrace. Communal swimming pool and garden area. Construction area - 113 sq.mts.

Ref: A1228

Price: € 207,000



#### Vilamoura

Situated in a beautiful private condominium, 2 bedroom apartment composed of 2 bedrooms, lounge, equipped kitchen, storage and terrace. Communal swimming pool. Garden and garage. Furnished. Construction area - approximate 100 sq.m.

Ref: A71645

Price: € 219,000



#### Vilamoura

Attached villa located near the marina, composed of 3 bedrooms, 3 bathrooms, lounge w/ fireplace, equipped kitchen, pantry, storage, barbecue, garden and terraces. Furnished. Communal swimming pool and exterior parking area. Plot area - 132 sq.m.

Ref: V12547

Price: € 348,000



#### Vale Telheiro

Beautiful villa composed of 3 bedrooms, 3 bathrooms, lounge w/ fireplace, dining room, equipped kitchen, laundry and garage for 2 cars. Carport, swimming pool, garden and terraces. Partly furnished.

Ref: V12338

Price: € 635,000



#### Semino

Beautiful villa composed of 3 bedrooms, 3 bathrooms, lounge w/ fireplace, dining room, equipped kitchen, laundry, office & 4 terraces. Garage, carport, garden & sw. pool. Barbecue w/ kitchen & w.c. Plot area - 2000sqm. Constr. area - 400 sqm.

Ref: V12448

Price: € 795,000



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web.: www.villasluz.com



#### S. Brás de Alportel

Beautiful villa set in a 1.528 sqm plot, with garden, 2 car garage, parking spaces, attic, electric entrance gates, BBQ & outside oven, electric blinds, central vacuum system... Great views!!!

Price: € 590.000,00

Ref.: EH-VIV-0001

Call: 915 599 244



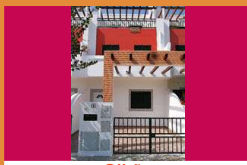
#### S. Brás de Alportel

Charming villa with garden cottage, w/ generous 10mx4.75m swimming pool w/ solar heating system, central heating, equipped kitchen, BBQ, covered parking...Excellent Opportunity!!!

Price: € 490.000,00

Ref.: EH-VIV-0002

Call: 915 599 244



#### Olhão

3 bedroom townhouse with private carport, front and backyard, BBQ and terrace.

Great location!

Excellent price!!!

Preço: € 190.000,00

Ref.: MG-VIV-0103

Call: 915 599 243



#### Fuzeta

Charming cottage with annex and garage, located in a 770 sqm plot, close to Fuzeta, the beach and all amenities. Completely fenced w/ garden. Excellent Opportunity!!

Preço: € 250.000,00

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#### Olhão

1, 1+1, 2, 2+1 and 3 bedroom Marina apartments located next to the new Marina in Olhão and next to the future 5 star hotel. Unique opportunity for a superb location!!

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8125-479 Vilamoura



#### Vilamoura

3 Bedroom apartment on a beautiful complex with additional room for games or 4<sup>th</sup> Bedroom. The apartment has a large private garden of 124m<sup>2</sup>, woodburning fireplace & pre-installation for air-conditioning.

Price: € 315,000 Euros / £217,000

Sterling



#### Vilamoura

Beautiful ground floor 2 bedroom / 2 bathroom "Fully Furnished" apartment with front-line golf views. Wood-burning fireplace, radiator heating and air-conditioning. This apartment is perfect for holiday rental income or holiday home.

Price: € 260,000 / £ 179,000



#### Vilamoura

Beautiful 4 Bedroom / 3 Bathroom detached villa offering a sunny terrace with private swimming pool, located within a few minutes walk of the new Hilton Spa resort. The villa is sold "Fully Furnished" to a high standard and is an ideal rental property or permanent residence.

Price: €750,000 / £517,000



#### Vilamoura

3 Bedroom townhouse with private swimming pool, garden and roof terrace located on "Rua do Brasil" with easy access to the old village, marina and beach.

Price: €340,000 Euros

/ £234,000 Sterling



#### Vila Sol

5 Bedroom / 4 Bathroom large detached villa located at Vila Sol golf resort offering air-conditioning, lounge with fireplace, private swimming pool surrounded by landscaped gardens & BBQ.

Price: €1,200,000 Euros/

£827,000 Sterling



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Price: € 155,000



BOLIQUEIME V72034

Lovely 3 bedroom detached villa under construction very quiet & peaceful area, approx. 10 min drive to Vilamoura. 706 sq.m. plot w/ 250 sq.m. constr. area. 2 en suite bedrooms. Fully fitted kitchen. Living room w/ fireplace. Air conditioning. Private landscaped garden w/ sw. pool & BBQ area. Large basement area w/ 4-car garage. Completion around April 2008.

Price: € 500,000



LAGOA V72002

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#### Tavira

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Ref: LHV-940 Price: € 375.000



#### Sta Barbara de Nexe

Well-designed 3 bedroom / 2 bathroom villa on a central and beautiful private location with many mature citrus trees. Good road access. L-shaped lounge 35m<sup>2</sup>, office, double garage, plot 7200 m<sup>2</sup>, Constr. 183 m<sup>2</sup> + 71 m<sup>2</sup>. Built in 2007.  
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#### House Neighbourhood Altura

Situated in the country-side in a quiet location, 5 kms north of Altura and 10 kms from Vila Real and 10 mins. drive to golf-course, this 3 bedroom house, with borehole, garage and large terracing around the house is surrounded by 1.700 m<sup>2</sup> of land.  
EA 050 HNA Price: € 285.000



#### Villa Altura

Comfortable 2 bedroom villa w/ garage, presently converted into bedroom w/ shower-room, air con., mains gas, built in 2004, situated in small urbanization within walking distance to beach & shopping possibilities. Covered area of 115.39 m<sup>2</sup> with lovely patio area.  
EA 051 VALT Price: € 238.000



#### Villa North of V. Nova de Cacela

4 bedroom villa built in 1989, in need of some TLC, approx. 10 kms from Vila Nova de Cacela, 12 kms from Manta Rota & beach, 5 kms from Monte Rei golf-course, surrounded by 2.095 m<sup>2</sup> of mostly fenced land, large swimming pool (12 x 6 m) and 2 garages.  
EA 052 VVNC Price: € 435.000



#### Apartment Cabanas

Exceptional 2 bedroom apartment built in 2002, w/ a total area of 138 m<sup>2</sup> incl. lovely terrace areas w/ uninterrupted views of the lagoon & Cabanas' beach, on the top (2<sup>nd</sup>) floor, in Cabanas' centre w/ its varieties of pubs, restaurants & access to public transport.  
EA 053 ACAB Price: € 210.000



#### Building plot Altura

Situated within an attractive urbanization, 1,5 km from Altura and the beach, 5 kms from the golf-course, this south facing plot of 414 m<sup>2</sup> overlooking an orange grove is ideal for a villa with swimming pool.

EA 054 BPALT Price: € 150.000



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#### Calções (Oihão)

Lovely 3 bedroom villa close to small golf hotel in the area of Moncarapacho. Nice adult garden w/round pool. Consists of an old farmhouse renovated & extended w/2 living rooms & 1 bedroom in the ground floor & 2 bedrooms in the 1st floor. The property is sold completely furnished including the garden tools.  
Ref. 1711 Price: € 470.000



#### Fuseta (Oihão)

Townhouse in Fuseta built 1977 keeping the original style, only 5min walk to the beach. Composed by the ground floor with kitchen, living room and at the 1st floor with 2 bedrooms, office, WC and a roof terrace with an additional room.  
Ref. 1703 Price: € 200.000



#### Santa Maria (Tavira)

New 2 bedroom apartment in the 1st floor situated in a residential & very calm Urbanization. Constituted by bedroom, suite, living room w/ balcony, half-equipped kitchen, hall w/ storeroom, bathroom & parking w/automatic gate & access to interior of building.  
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#### Pinheiros de Marim (Oihão)

New house situated in a calm urbanization. Composed of R/C with hall, common room with fireplace, bathroom, kitchen, BBQ and garage; and in 1st floor: 3 bedrooms, bathroom and storeroom.  
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Ref:43SBA-M Price: €795,000



#### Albufeira

High class 5 bedroom Villa, in a very privileged location. Innovative design, w/ passive energy saving, natural illumination, ventilation & advanced energy control system giving comfort & quality to this unique property. Building area: 374m<sup>2</sup>, w/ approval to enlarge up to 526m<sup>2</sup>. Represents high business potential. Safe investment!  
Ref:128ABF-M Price: €1,200,000



#### Vale do Garrão

A high class 5 Bedroom Villa. Located at Villas Alvas, between Vale do Lobo & Quinta do Lago. High quality materials. Fully equipped kitchen. Central heated. Air conditioned. All the appliances & modern technologies. Garden. Swimming pool. BBQ & parking area. The best location for your investment.  
Ref:137LLE-M Price: €1,250,000



#### Estói

Massive 5 Bedrooms Villa (CA-450 sqm, Plot-10080 sqm) located in Azinheiro (Estói). Panoramic country & sea views. Swimming pool. Garden with auto irrigation system. Central heating system. Air conditioned. Fully equipped kitchen. High quality finishing materials.  
Ref:177FAR-M Price: €1,675,000



#### Goldra

Majestic 3 bedroom Villa located at Goldra, in Stª Bárbara area, on top of hills, w/ beautiful sea views. Probably best location in area. Comprised by kitchen, living & dining rooms, 3 bedrooms, 3 bathrooms, all en suite on main villa, plus 2 independent apartments (all fully equipped) in the basement. South-facing.  
Ref:161FAR-M Price: €1,050,000

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Ref. A-237 Price: €250,000



Carvoeiro

Walking distance to beach and village centre. Two bedroom apartment, one bathroom. Good size lounge / dining area. Open plan kitchen. Balcony. Very neat and very clean.

Ref. A-236 Price: €135,000



Centianes / Carvoeiro

Spacious 4 bedroom villa on plot of 1,000 m². Seaview and close to Centianes beach. Comfortable dining area. Fully equipped kitchen. Double bedrooms with shower / bath en-suite. Garage, mature gardens, pool with sun terrace. Ready to move in!

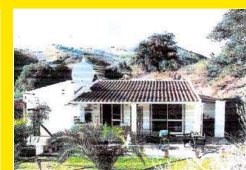
Ref. V-350 Price: €635,000



Centianes

Immaculately maintained apartment with magical sea view. 2 large bedrooms w/ own bath & / or shower room. Spacious kitchen / dining area. Lounge leading to big veranda. Apartment is heated & furnished. Pool, tennis court, covered parking. 2 mins walk to beach.

Ref. A-238 Price: €170,000



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Charming detached farmhouse on 1,200 m² plot. 2 double bedrooms, shower room, spacious lounge / diner. Equipped kitchen w/small pantry. Large covered patio. Nice garden. Air con, wood burner, garage / workshop, utility. Space for pool, own borehole

Ref. V-351 Price: €269,000



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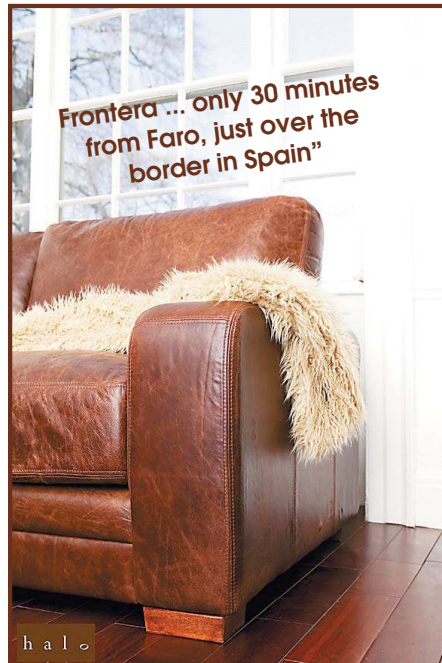
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Georgian Four Poster bed from And So To Bed. (Photo: Press Association/And So To Bed)

# Sleep royally in the king of beds



If love is blossoming since Valentine's Day or you just want to add more romance to your bedroom there's one easy solution - a four poster bed. We check out some of the most seductive styles in town.

Do you yearn to feel like a princess, and be swept away by romance and cherished in your bedroom?

Valentine's Day might not have lived up to expectations and your partner might not have been your Prince Charming, but there is an answer - the four-poster bed. Once confined to stately homes and royal palaces and something most of us could only daydream about, they are now so much more affordable that many of us are choosing to transform our bedrooms into sanctuaries and indulge night-time fantasies with these grand beds.

Whatever the vision - a seductive, regal bedchamber of the past complete with carvings and swagged curtains, 'hotel chic' with today's sleeker contemporary versions, or maybe just a simple country look with a wrought-iron frame and muslin curtains - there's something for everyone.

"A four-poster is the ultimate romantic bed," says Andy Hills, managing director of And So To

Bed, whose collection of traditional beds, starting from around £3,000 (€3,966.), has such detailed hand carvings and sumptuous hangings that the designs look like illustrations from the pages of a history book.

"These beds are popular because people increasingly want to spoil themselves at home and create a bedroom that's not just luxurious and opulent, but also glamorous.

"We hear some lovely romantic stories from our customers. Some of them have always promised themselves a four-poster bed and have saved up to treat themselves. One chap said he proposed to his wife in a four-poster and wanted to surprise her on their 30th wedding anniversary, while others have slept in four-posters in hotels, often on honeymoon, and want to replicate that experience in their own home.

"The appeal is growing because there are so many styles on offer to suit both contemporary and traditional homes. We

now have a white-painted version of our traditional Georgian four-poster which is incredibly popular as it's equally at home in a modern room or a period setting."

While four-posters, which probably originated around Tudor times, have a long history there's no longer any need to pay a king's ransom for one. Most of the major companies include one in their collections, and if you shop around there are smaller companies who can also offer something special at competitive prices.

You can get a basic model for just over £150 (€198.50), or you can splash out for the bed of your dreams and spend thousands more dressing it in rich fabrics. The only limit is your pocket and your imagination.

So wake up, there's no need to just daydream. Find the perfect four-poster in our guide - we've included some for the boys as well! - and sleep in right royal style.

Gabrielle Fagan

## SIMPLY STATELY

The new four-posters have stepped into the 21st century and been given a hip twist. They're slimmer, sleeker and more simple than their historic counterparts and are the ideal way to make a statement in a modern bedroom. They're generally not as tall as more traditional models.

Lucy Engwell, Habitat's marketing and visual com-

munications manager, says: "Four-poster beds not only give off a sense of luxury but add beauty and style to a room.

"The premise of waking up like royalty and having such a beautiful piece of furniture in the bedroom are just some of the key factors in their popularity this season. People want to spoil themselves and their home."

**TOP CHOICE:** Habitat's Hana four-poster, is in natural or dark stained oak and would blend with any decor.

**DREAM ON:** Feather & Black's Easton four-poster bed in dark stained oak, and there's a muslin canopy.

Orchid is hot on trend with its Eastern-style Mandarin four-poster elmwood bed. It has a pared-back elegance and a lacquered finish.



Beds ■ Living ■ Outdoor ■ Sofas ■ Design ■ Accessories

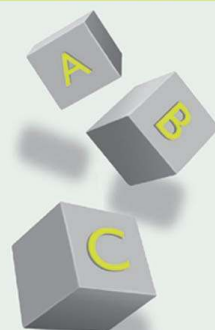
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## FAIRY TALE FANCY

If you want to feel like a queen (or king) and sleep in stately style, a traditional wooden, carved, draped four-poster should grace your boudoir.

These really are the stuff of dreams, but be aware that dressing these beauties in the luxury fabrics they deserve - silks, velvets and brocade - is an expensive business on top of the price of the bed.

Andy Hills advises: "These are large and dominating beds and need space around and above them so their grandeur can be properly appreciated. They shouldn't crowd the room or scrape the ceiling.

"Displayed properly and lavishly draped with side curtains and a ceiling canopy they turn any bedroom into an indulgent romantic sanctuary."

His tips: The height of a room needs to be above 10 feet to comfortably accommodate a traditional, classic four-poster, and ideally the bed should be set in a 15-foot square room space.

**TOP CHOICE:** And So To Bed's most popular bed is its mahogany Georgian four-poster. (A range of sizes are available.)

**DREAM ON:** For more feminine elegance, its Ribbons four-poster with carved ribbons winding round its posts, and a Gothic bed.

Lombok's Keraton four-poster bed could sweep you off your feet and make you feel like an Eastern princess, with its ornate carving and colonial feel.

## METAL WORKS

These have a less dominating presence than wood, are generally a cheaper alternative, and would suit a feminine, girly bedroom or French chateau style boudoir.

**TOP CHOICE:** OKA's St Simon bed, is inspired by France and painted in subtle Oyster Grey. A clever, versatile choice which you can change to suit your mood. Use it as a straightforward frame with head and footends, put on the style with simple upright posts or complete the picture with its overhead canopy. There are also linen curtains available.

**DREAM ON:** Bed specialist Feather & Black's Meribel Four-Poster Bed has a canopy in a coronet-style.

## MACHO FOUR-POSTERS

What could have more pulling power than a four-poster bed? Even the boys will be tempted by a handsome, streamlined model that just oozes luxury, confidence and upmarket seduction. It could be ideal to put va-va-voom into that romance.

**TOP CHOICE:** A leather clad, Maxalto four-poster from B&B Italia could do the business. There's a choice of a wide range of fabrics, and it's got style street-cred - it's available from that high-end interiors 'des res' Armani/Casa.

**DREAM ON:** John Lewis's Hotel four-poster, is a non-nonsense good looker at great value.

## CHEAP SWEET DREAMS

Spurging on a four-poster needn't give you nightmares. Even with a limited budget it's possible to fulfil your fantasy.

**TOP CHOICE:** Homebase's new range is full of stylish surprises, not least its modern Java four-poster bed in an American light oak. It's hard to believe the price tag.

**DREAM ON:** Swedish genius Ikea knows how to deliver at an affordable price. Its Hemnes pine four-poster is just that - with no carvings, frills or flounces.

Alternatively, if you or your partner have DIY skills it's not difficult to fix wooden posts and frame to a solid wooden bed base. Painted and dressed with pretty fabrics that could be an answer for those on the budget.

## DAYDREAM BELIEVER

If you desire a bedroom that lifts your spirits and your heart, then you'll yearn for an inspiring four-poster that embodies classic style and light, bright looks.

**TOP CHOICE:** The White Company's Berkley four-poster, only comes in a generous king size - after all if you're

having one you might as well go for broke! There's a rosewood finish, but we love it in the painted white.

**DREAM ON:** And So To Bed's Georgian four-poster looks stunning in a white, hand-painted, distressed finish, and there's also a magical silver leaf finish.

## FOUR-POSTER FACTS

For centuries, the bed has been a sign of wealth - so the richer the nobleman the more impressive his bed. Four-poster beds have long been regarded as the bed of kings, and the king of beds.

They probably date back to Tudor times when drapes were introduced to keep out draughts and warm the sleeping area as well as providing privacy to the bed's occupants.

Of all the Tudors, it was Queen Elizabeth who had the ultimate bed - made from walnut, carved and gilded and hung with the finest silver cloth, fringed with Venetian gold, silver and silk and decorated with crimson satin and ostrich feathers.

In the 17th century, taller beds with slimmer posts were introduced from France.

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# How to keep slugs and snails at bay



Some slugs spend a lot of their time below soil level, feeding on bulbs, tubers including potatoes and roots. Snails are much less active in summer, but slugs will feed whatever the weather.

There are many slug pellets on the market, but a lot of gardeners believe them to be an unacceptable environmental risk, as they can pose a threat to pets, children and wildlife. Also, if they become wet and start to turn mouldy, they are ineffective anyway.

Keen vegetable gardeners who have problems with slugs tunnelling through their potato crops should concentrate on earlier cropping varieties, which means

## What's in store

Madge and John Measures

Now is the time to think about planting colourful plants for the summer. You should take into account that many of these delightful plants have been grown in greenhouses or a very sheltered position. Enquire at the garden centre how they have been raised and if it is necessary to acclimatise them before planting out in your borders.

**Gazanias** are excellent, especially when planted in profusion. Producing large brightly coloured daisy-like flowers in cream, pink, gold or yellow shades during many months of the year and grow to perfection in a well drained

sandy soil in full sun. Growing to a height of about 20cm with a spread of 25cm they do need to be watered frequently during the dry season with a monthly application of liquid fertiliser during their active growing and flowering period. Dead head them on a regular basis to prolong the flowering season. They do become rather 'leggy' and most do not tolerate frost and therefore usually treated as annuals.

The larger **Violas** more often called Pansies are another of the showy plants, flowering during many months of the year. There are several varieties ranging from yellow and

orange through the bronzes and the blues and violets. Others usually with slightly larger flowers are bi-coloured with petals a combination of the reds, yellows and orange shades with darker contrasting colours. They grow to a height of approximately 9cms with a similar spread. We have found that these are best grown in a more shady location than the previous plants. Water them during the summer months and give them a liquid fertiliser ever three or four weeks during the active growing and flowering period. It is essential to deadhead them on a regular basis. Most of these will tolerate some frost, but are usually treated as annuals.

that the potatoes will be lifted before the slug population becomes too great.

You could plant sacrificial crops such as lettuce, which slugs

love, to distract them from the crops you really value.

Most plants, once established, tolerate slug damage. But if you don't want an endless battle with these slimy creatures, the best

solution is to plant species which they don't like, such as hydrangea, pinks, hebes and plants with hairy or narrow leaves, or succulent types such as sedum.

Hannah Stephenson

## From plot to plate

### Ornamental cabbage

These glorious plants are excellent as focal points in winter pots with their mauve, pink or cream hearts and green frilly leaves around the edges. Ornamental kales, which have shaggier leaves, are also widely available at this time of year and can remain colourful throughout winter, running to seed in early spring.

Incidentally, you can eat ornamental cabbages, but I personally think you'll get more pleasure out of looking at them. They like fairly well-drained soil and are perfect for containers, in sun or light shade.



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Slugs and snails are troublesome garden pests and over the years I've tried all sorts of preventative methods to stop them, from placing mulches of sharp grit, eggshells, crushed oyster shells and lime around vulnerable plants to a variety of slug pellets, beer and grapefruit traps.

But I've always found that the best way to stop slugs and snails is to pick them off by hand after a downpour, often in the evening when they are most active, sometimes by torchlight. They do their worst during mild wet weather in spring and autumn.

As slugs and snails are particularly rampant in my area, I have also resorted to putting young leafy plants, which these pests love, in pots and placing the pots on either metal stands which slugs have trouble in climbing, or putting copper strips around the

pots to deter them. The copper contains a minute electrical charge to deter the slug or snail.

Each slug or snail produces around 500 offspring every season.

To control them ensure your garden is tidy and free of plant debris where slugs and snails may congregate. Any cultivation of the soil will help to disturb slugs and may bring them to the surface, where they can be eaten by predators. Surround raised beds with grass or slabs, as slugs don't like travelling over open ground.

Encourage predators such as hedgehogs, frogs and toads into your garden by leaving a patch of wild area or installing a small pond.

Slugs love young tender shoots therefore you could try protecting young plants by cutting a serrated collar from a plastic bottle and placing it around the base of the plant.

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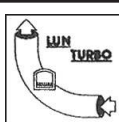
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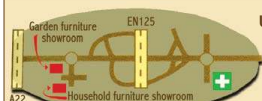
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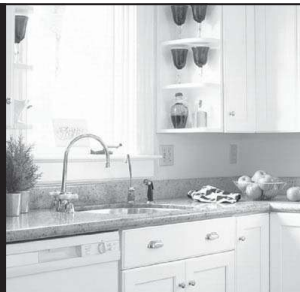
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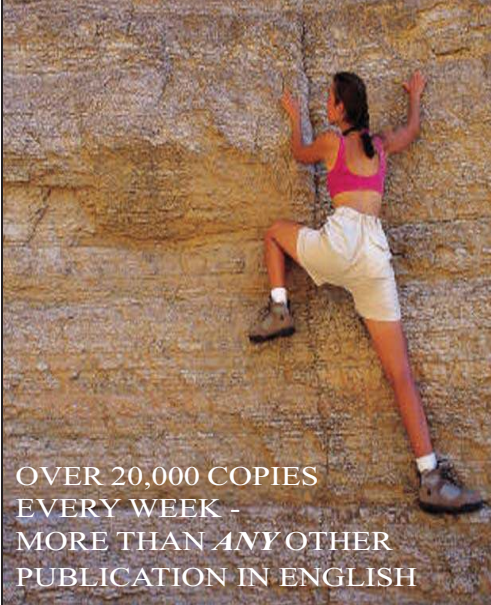
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# Crufts galloping closer

The dog show 'Crufts' (Crufts is the world's greatest dog-show organized by The Kennel Club UK) in Birmingham, is approaching with horrifying speed. So the training level has increased. A few things have changed.

I am trying to keep Cleo and Merlin apart a bit more. We were at a show the weekend before last and my new plan was to have only Merlin in the show till he went in the ring - Jim would then collect Cleo from the car. In theory it was a good idea but thanks to half the class not turning up and the judging timings being altered it was impossible to leave Cleo in the car that long as she may have been in the wrong place at the wrong time. However it was obvious that Merlin was more 'focused' with his Sister out of the way. He was relaxed and extremely well behaved on his own. The trouble being that when Cleo arrives - and he can sense her presence even if out of sight - he goes into excited overdrive. So it was impossible to perfect the procedure this time and I know that at 'Crufts' it will unfortunately not be easy to keep them apart. Both of them were pretty well behaved at the show however and Merlin managed to get his first CAC ticket and a Best of Breed,

which was a complete surprise.

Training last week for all three of us has gone up a notch. I removed all the furniture off the terrace and started 30mins training sessions, 2 per day for two days, putting it up to 3 per day. I am trying to get them to 'stand' still in show pose and then run fast around a 'ring' preferably with a tail in the correct place - Cleo being older seems to have got the message, Merlin is a big wriggle so intensive training is necessary.

They are like children and have a short concentration span. One of the big problems before has been that when training one, the other has been barking madly from within the house and being unbelievably naughty. This is the Portuguese Water Dog - they are highly intelligent and need lots to do, being quiet in the house while the other is having all the fun does not seem fair to them, so they complain. I often laugh about all the books I read before owning a PWD, stating that these dogs never barked and were so quiet well, perhaps I have the only ones in the world to bark!!

The last couple of days I have tried almost double training. I get one to sit on the sidelines while the other is trained!!! I was ex-

pecting too much as they are both really very young. Cleo was better than Merlin and in fact she did actually achieve it. Today I did eventually give in and tie the one not training to the gate as I was spending all my time returning a dog to a sit position. This has worked - I expected barking but no, the one not doing the training sat patiently and watched!! I am also hoping that all this running around the terrace will eventually lead to me panting a little less as well. I know I am getting on and unfit, but perhaps there is hope in the next couple of weeks. I spent a whole day last week

trying to get them to sit, stay and call one and leave the other, reversing it - we did achieve it, but two days later they decided it was no longer fun! Again, Cleo was better at it - Merlin just panics when he sees me move away from him - back to his cage and insecurity issues from his enforced pet shop stay as a puppy.

We have two more shows before we hit the road to Birmingham - it is all very much unknown territory. I am not sure whether to worry about the drive, the ferry (I hate ships), driving in the UK again after 4 years of 'Crufts'!!

On the other hand, I could just put my relaxation CD on, drift away and not worry about anything until I have to - seems the more sensible approach I suspect! It will all happen whether I worry or not. However they get on at 'Crufts', to actually have achieved getting two dogs there with me as an OAP, must be worth something.

I do not expect great things with them as they do not have a family history of show achievement to rely on. I have decided that they will be taken in Portuguese show coat condition rather than put them in UK show coat

which does seem to be different.

I am taking them as genuine Portuguese Water Dogs - they are the only Portuguese ones listed as competing at 'Crufts' - yes, they will look different and that may count against them, but that is who they are and Portugal is where the breed was born, so they should look Portuguese and exactly as we show them here.

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## Defense, protection and well-being of all animals

In our edition N° 945 of 9th February, we published a small article concerning golden retriever puppies. While these puppies were offered free to readers, it was unfortunate that there was mention in the article that the puppies would be put to sleep if they did not find a home. This article was submitted to The Portugal News by email and published in good faith. However, we have sub-

sequently not been able to obtain a response from the email addresses given, nor from the telephone number. If readers have encountered the same problem, we apologise for any inconvenience and possible distress caused.

In the meantime, we have received the following communication from the Portuguese League for Animal Rights which we are happy to publish:

"We, the activists of Animal Rights, request to all (nationals and foreigners) to avoid procreation of animals (dogs and cats). The species is not in extinction and it is cruel to abandon animals or to have them 'officially' killed (sometimes in an inhumane manner). It is better not to let them procreate than to see them later in the city hall kennels on death row, condemned to a death they do not deserve, or better saying;

paying with their lives for the one who is truly responsible - humans. We have to be kinder to the other species. We request the authorities to have a close and effective control, especially of females, to avoid procreation and have at the disposal of all animal owners a bonified sterilization. "When the people respect animal rights it means that mankind has theirs respected."

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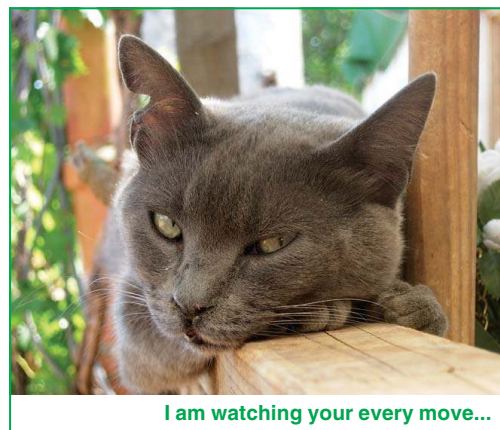
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## North



### PORTO

#### DAILY

**Casa da Música:** guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • [www.casadamusica.com](http://www.casadamusica.com)



#### DAILY

**Serralves Foundation:** Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (Museum & Casa de Serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • [serralves@serralves.pt](mailto:serralves@serralves.pt) • [www.serralves.pt](http://www.serralves.pt)



**Exhibition 'Robert Rauschenberg: Em viagem 70-76'** at Museu de Serralves • 1st presentation in Portugal of the internationally acclaimed North-American artist Robert Rauschenberg • Includes 65 works using simple materials like metal, cardboard and cloth • Serralves Museum • Tel: 226156500 / 543 / 584

### GUIMARÃES

#### UNTIL 23 FEBRUARY



**'Encontros AlCultur Guimarães 2008' (Cultural Meeting)** • Centro Cultural Vila Flor • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • [www.aoficina.pt](http://www.aoficina.pt)

#### DAILY

**Café-Concerto (Coffee-Concert) with Jazz and other music genres** • Centro Cultural Vila Flor in Guimarães • Please see the website or telephone to find out what's on • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • [www.aoficina.pt](http://www.aoficina.pt)



## Centre



### CASCAIS

#### DAILY

**Cascais Cultural Centre** • 10h00 to 18h00 (Closed Mon) • Av. Rei Humberto II de Itália • 214848900

#### DAILY



**Sea Museum – Rei D. Carlos** • Guided tours: 214825081 • Rua Júlio Pereira de Mello • 10h00-19h00; closed Mondays & Public Holidays • 214825400

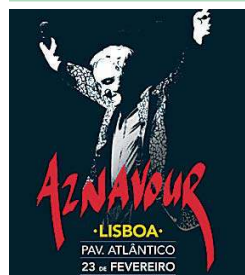
### ESTORIL

#### DAILY

**Casino Estoril** • Praça José Teodoro dos Santos • 214 667700 • [info.cestoril@estoril-sol.com](mailto:info.cestoril@estoril-sol.com) • [www.casino-estoril.pt](http://www.casino-estoril.pt)

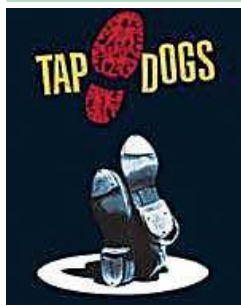
### LISBOA

#### 23 FEBRUARY



**World acclaimed French singer Charles Aznavour in Concert** at Atlantic Pavilion in the Park of Nations • 21h30 • Prices from €50 to €100 • Tickets: 707234234 & 217803670/1, Atlantic Pavilion, Abreu Agency • [www.ticketline.pt](http://www.ticketline.pt)

#### UNTIL 24 FEBRUARY



**'Tap Dogs' Show** at Oceanos Auditorium of Casino Lisboa • Tuesday to Sunday at 22h00 / Saturday and Sunday also at 17h00 • Tel: 707234234 • €30 & €35 • [www.ticketline.pt](http://www.ticketline.pt)

#### 27 FEBRUARY

**Concert 'Orchestra & Choir'** by Carmina Burana • 21h30 • [www.coliseul Lisboa.com](http://www.coliseul Lisboa.com)

#### UNTIL 16 MAR



**Exhibition '1807: O Embarque da Família Real para o Brasil'** in commemoration of the 200 years anniversary of the boarding of the Portuguese Court to Bahia, Brazil • Museu da Marinha (Navy Museum) • Contacts: Museu de Marinha, Praça do Império, 1400-206 Lisboa • Tel: 213620019 • Fax: 213631987 • [geral.museu@marinha.pt](mailto:geral.museu@marinha.pt)

#### 28,29 MARCH



**APASSIONATA** - the leading European Equestrian Show - this year entitled 'Four Seasons' • Campo Pequeno • 21h30 (on 29th also at 15h30) • Ticket prices from €20 to €55 • Tel: 707234234 • [www.ticketline.pt](http://www.ticketline.pt)

### SINTRA

#### DAILY



**Pena Palace** • The Palace dates back to 1839 • Visits info: Sintra City Hall on Largo Dr. Vergílio Horta • 219238500 • [geral@cm-sintra.pt](mailto:geral@cm-sintra.pt)

#### DAILY

**Leal da Câmara Museum** • Calçada da Rinchoa, 67, Rinchoa • Also has access through Alguel-rão Velho, Fitares and Meleças • Tel: 219164303 • Fax: 219236150



### ALBUFEIRA

#### UNTIL 26 FEBRUARY



**Painting Exhibition "Sensibilidades" (Sensibilities) by Maria Afonso Maia** • Pintor Samora Barros Art Gallery • Monday to Saturday from 10h30 to 16h30 (closed on Sundays and public holidays) • [www.cm-albufeira.pt](http://www.cm-albufeira.pt)

### ALMANCEL

#### DAILY

**Art Exhibition by David Haines** • New works for 2008, now showing at George Furniture • EN 125 Torre • tel 966 186 357 • [www.wdjhainesartist@ifp3.com](http://www.wdjhainesartist@ifp3.com)

### LAGOA

#### 23 FEBRUARY

**World Debut of the Musical Concert 'In Nomine Amoris' (In the Name of Love)** produced and written by the Serbian-Portuguese composer and performer **Zoran Stojanovic** • Municipal Auditorium • 21h30 • João Pedro Cunha (violin), Elena Tsouranova (piano), Maria João (flute 'chique classique'), London Dance Company with: Tania Matos (art director & choreographer), Afonso Dias (actor) & Birgit Wegemann (soprano) • 282380434 • [www.cm-lagoa.pt](http://www.cm-lagoa.pt)



### LAGOS

#### 1-15 MARCH



**Exhibition of art and photography by David Haines, Moira Maguire and Joao Paulo Carrodo** • Amazen Regimental 2 • 9h30 to late • 282380434

**Archaeological site of S. Cucufate**, in Vila de Frades (Vidigueira) • Winter Times (Until 30th April): Tuesdays: 14h00-17h00, Wednesdays to Sundays: 9h00-12h30 & 14h00-17h00. • Tel: 284441113 • [www.ippar.pt/monumentos/sito\\_cucufate.html](http://www.ippar.pt/monumentos/sito_cucufate.html)

## South



### LAGOS

#### UNTIL 20 FEBRUARY

**Quiz Night** - at Jardim das Dunas • Teams of 4 • cancelled if there are less than 4 teams • €2 • 19h30 • T/Fax: 282792721 • [www.jardimdasdunas.com](http://www.jardimdasdunas.com)

### LOULÉ

#### UNTIL 23 FEBRUARY

**Art Exhibition 'Tórrica Barranqueira'** • Santo António Convent • Daily from 9h30 • For more information: Loulé Municipal Council

[www.the-news.net](http://www.the-news.net)

#### UNTIL 29TH FEBRUARY

**Painting Exhibition by Ana Martins & David Martins** at Casa da Juventude in Olhão • Mon to Fri: 10h to 20h; Sat: 10h to 13h



#### Óbidos \* Until 24 February \* 6th Óbidos Chocolate International Festival \*

Saturday, Feb 23 (open from 10h00 to 24h00): 16h00 Magic Show *Cerca do Castelo* (Old Arms Square); 18h00 Magic Show (Old Arms Square); 21h30 Artistic Roller Skating Show 'The Little Chocolate House' (Old Arms Square) • Sunday, Feb 24 (open from 10h00 to 23h00): 15h00 SMRO-Óbidos Philharmonic Band (Old Arms Square); 16h00 Children's Choir (Old Arms Square) • Ticket prices: €5 (for all visitors over 12 years of age); Children's Chocolate House (open from Sunday to Thursday from 10h00 to 20h00; Fridays and Saturdays from 10h00 to 22h00); €4 (activity for children under 11 years old); Visitors living in Óbidos Municipality: Free entrance with presentation of his/her elector card • [www.festivalchocolate.cm-obidos.pt](http://www.festivalchocolate.cm-obidos.pt)

#### UNTIL 23rd FEBRUARY

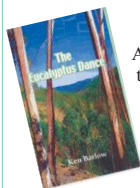


**Visit 'ARTElogia-Arte Ciência-Ciência da Arte' (Art & Science) by Carole Purnelle and Nuno Maya**

at Palácio da Galeria in Tavira from 9h00 to 18h00

#### The Eucalyptus Dance

Ken Barlow and Sue Cooper had a dream ... And that's where it might all have ended, like thousands of other 'wanna be's', who dream of escaping Britain's crime ridden, overcrowded towns and cities, swinging taxes, miserable weather, and their 'treadmill lives'. But for Ken and Sue this wasn't just some flight of fancy, they were determined to fulfil their aspirations and move to Portugal.



Those of us who have made that leap of faith and not looked back, will read their tale with a knowing smile having been down the same bumpy road. You can follow Ken and Sue's journey with all its trials and tribulations, the highs and the rock bottoms, the many friends they made on the way (especially those who enabled them to succeed in their endeavours, like Rui and Cláudia), and the villagers of Alombada who helped them secure their dream.

The Eucalyptus Dance is available from the Griffen Bookshop in Almonacid, where Ken and Sue will be signing copies of their book and offering a glass of wine and Jeropiga on Friday, 22nd February, from 11.30am to 1.00pm. *Sherry Hughes*



Events on these pages are published in good faith and in accordance with information given to us.

## BOX OFFICE

### LIVE CONCERTS

#### MARCH

**Myra Andrade** – March 2nd from 10pm in Oporto Casa da Música. Tickets: €30.

**Bryan Adams** – March 7th at Maxime in Lisbon.

**Within Temptation** – March 7th at Lisbon Coliseu — **CANCELLED**

**The Cure** – March 8th from 8pm at Pavilhão Atlântico. Tickets: €28 - €40.

**Tokio Hotel** – March 16th at Lisbon Pavilhão Atlântico from 9.30pm. Tickets: €28 - €40.

**Alicia Keys + Patrice** – March 19th at Pavilhão Atlântico from 8.30pm. Tickets: €28 - €40.



**Portishead** – March 27th at Lisbon Coliseu from 9pm. Tickets: €32 - €36.  
**Pedro Abrunhosa + Bandemónio** – March 28th at Setúbal Fórum Luísa Todt. Tickets: €15 - €20.

#### APRIL

**Editors** – April 2nd at Campo Pequeno in Lisbon. Tickets: €22 - €30. April 3rd at Oporto Coliseu. Tickets: €25 - €28.

**Mark Knopfler** – April 4th at Lisbon Campo Pequeno. Further info TBA.

**The Hives** – April 9th at Lisbon Coliseu from 9pm. Tickets: €25 - €28.

**James Cotton Blues Band** – April 11th at Leiria (a-D-Barbas) Alfa from 11pm. Further info TBA.

**Nightwish** – April 18th in Oporto Coliseu from 9pm. Tickets: €22 - €25. April 19th at Lisbon Coliseu from 9pm. Tickets: €22.

**Igitee: Death Before Dishonor** – April 24th at Lisbon Tatuara.

**Backstreet Boys** – April 25th at Lisbon Pavilhão Atlântico. Further info TBA.

**Pedro Abrunhosa** – May 18th from 9pm at Teatro Municipal São Luiz in Lisbon. Tickets: €15 - €25.

**Asia** – May 21st at Lisbon Coliseu. Further info TBA.

**Cat Power** – May 26th at Lisbon Coliseu. Further info TBA.

#### JUNE

**Comeback Kid** – June 19th in Lisbon. Further info TBA.

**Jack Johnson** – June 26th at Lisbon Pavilhão do Atlântico from 8pm. Tickets: €28 - €40.

#### AUGUST

**Mariza** – August 29th at Loulé, Vale do Lobo.

**LIVE SHOWS**

#### MARCH

**The Aluminum Show** – A combination of movement, dance and theatrical visual affects. A show with lots of special effects and creative dancing and acrobatic movements. Lisbon Casino, Oceanos Auditório from March 18th until March 23rd. Tickets: €30 - €35.

#### APRIL

**Disney on Ice 'Adventures in Disneyland'** – Disney on ice is set to return to Portugal this April, with another ice skating show including all your favourite Disney characters. The show will take place at Pavilhão Atlântico on April 2nd - 9th. Tickets: €16 - €36.

**RAW WrestleMania Revenge** – It's here! World Wrestling Entertainment® storms back to Portugal with RAW® WrestleMania® Revenge Tour at Pavilhão Atlântico in Lisbon on April 19th from 8pm. Tickets: €25 to €85.

**TICKETS:** Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola. Ticketline or at the event itself on the night.

**Websites:** www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 8409 (Pavilhão Atlântico); 707 234 324 (Ticketline)

## High School Musical - Lisbon

It burst onto the cultural landscape first as a smash hit Disney Channel Original Movie and the soundtrack climbed to the top of the Billboard charts. Now, get ready

for "the start of something new!" Featuring a cast of 34 performers and a live orchestra, this production includes all of the favourite characters and songs from the movie, plus

two new songs written especially for the stage. All this combines to make High School Musical a must-see for every fan of the movie and theatre-goer alike.



From February 29th – March 9th at Lisbon Tivoli. Tickets: €7.50 - €25.

## LIVE MUSIC

## Piano Concert 'Quatre-mains', at the São Brás Museum, Friday 7th March

Four hands, two faces and one piano. The twins Amrei and Deborah Selbach will be playing works by Mozart,

Schubert, Brahms, Ligeti, and last but not least Rachmaninoff, at the Museum Gallery on Friday 7th

March at 8pm.

These two young artists studied in Munster, Germany and with Professor Peter Feuchtwanger in London. They have played in youth symphony orchestras both as solo artists, with two pianos and also together in quatre-mains performances.

They produced a CD of their repertoire in 2003/2004 and gave their first concert in Portugal in Lagoa in September 2007.

Tickets: €14 in advance (Friends of the Museum members €10), or €15 at the door (Friends €12). E-mail admin@amigos-museu-sbras.org, call 966 329 073/ua azul 289 845 452/museum 289 840 100. Visit www.amigos-museu-sbras.org.



Amrei and Deborah Selbach



Stories can be on any theme, with a maximum of 2,000 words. Entries cost five euros and will be judged by Jenny Grainer, writer, journalist

and tutor in Creative Writing in the Algarve, and Lisa Selvidge, who tutors in Creative Writing in the Algarve and online with the University of East Anglia. Entries will need to be in the

English language for this first year, and must be received by March 31st.

The winning story will receive 100 euros worth of book vouchers, sponsored by Network, the Magna Carta Bookshop in Alvor and the Griffin Bookshop in

## Piers Lane - São Lourenço

It is two years since Piers Lane last came to play at the São Lourenço Cultural Centre in Almancil. We knew from his previous visits that we were in for an evening of masterly piano playing but no one could have predicted that he would so totally absorb and enrapture the packed houses with his quite superb interpretations of Frederick Chopin. The works of Chopin are glittering with colour and romance and they call for prodigious skill and dexterity. They are great classic pieces, acknowledged to be difficult which aspiring musicians like to play to show off their

skills. Alas rarely do they capture the subtle phrasing and the delicacy. It takes an exceptional musician to stay in control and not let the music run away with him. It takes a master to bring out the passion and the pathos, conveying to the audience through his brain and his fingers that he is comfortable with what he is doing and in complete control. Piers Lane achieved all that simply and without fuss or show. Music making doesn't get any better than that so all is well with the world at the Centro Cultural de São Lourenço.

Contributed

## CHARITY

## Esther's Bring-and-Buy - Vale

### Judeu

On Saturday March 1st, from 10:30am until 2pm, Esther Heath organises a 'Bring-and-Buy' at The International Evangelical Church of the Algarve in Vale Judeu (along the EN125 near Vilamoura). There will

be stalls with nearly new clothes, bric-a-brac, produce, cakes, etc. Everyone is welcome. Admission free. All proceeds are for the upcoming building work on the church grounds. For information contact Graham or Esther on 289 489 709.

## Auction supports local charities

The popular monthly auction at São Brás is to donate its profits to the local charity Friends of São Brás. Margo Thorne for the auction, who has been running the auction for the past three years, said: "We see it more as a hobby than a business, and after all wages and expenses have been paid, we give

the rest of the profits to Friends of São Brás". Joan Martin, President of The Friends said: "This is very generous. Our funds go principally to assisting the local fire department, the poor locals of São Brás, the Health Centre, and local schools. The next auction will be on March 1st at 10a.m.

## TALKS

## Heroes and villains

Who are the heroes and anti-heroes in 20th century Portuguese history? In a recent contest for the top ten greatest Portuguese, Salazar was voted number one. But which other Portuguese characters were famous or infamous? Why did Duarte Pacheco, Miguel Bombarda, Sacadura Cabral, Gago Coutinho and Candido dos Reis have streets named after

them in most towns? Who was the man who 'stole Portugal' and implicated the British in doing so? You may have heard of Amy Johnson but do you know what Maria de Lurdes Sá Teixeira achieved in terms of Portuguese aviation history? Peter Booker continues his talks on Portuguese history on Friday 29th February at 11am in the Biblioteca Municipal in Tavira.

Tavira Municipal Library located on Álvaro de Campos, Rua Comunidade Lusitana call 281 320 576 or lynne.booker@nec.pt 962 232 343 / 281 971 567.

The Network Short Story Competition is here – it's open to anyone living in Portugal, so please take the opportunity to get the creative juices flowing and support this first time venture.

English language for this first year, and must be received by March 31st.

The winning story will receive 100 euros worth of book vouchers, sponsored by Network, the Magna Carta Bookshop in Alvor and the Griffin Bookshop in

Almancil. The event is also supported by The Portugal News, who will publish the winning entry. Winners will be announced on 23rd April 2008, International Book Day.

For more details and application form, please e-

mail netpres@networkalgarve.org, ring Janice Russell on 915584668 ask at the Griffin or Magna Carta bookshop, or download the form from www.networkalgarve.org.

COMPETITION ♦ COMPETITION ♦ COMPETITION ♦ COMPETITION ♦ COMPETITION ♦ COMPETITION

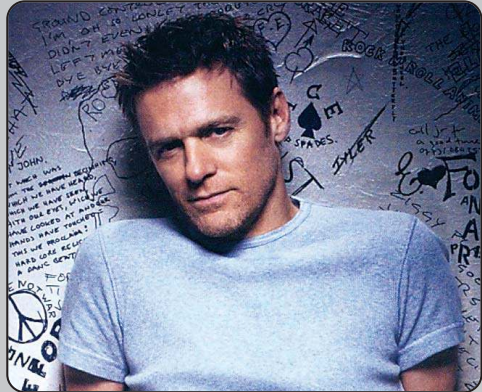


We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send us your events to [copy@the-news.net](mailto:copy@the-news.net) by Tuesday before publication.

## LIVE CONCERTS

### Bryan Adams – Lisbon

Canadian rock singer Bryan Adams is giving an intimate concert at Maxime in Lisbon early next month. The concert is a promotional gig, to endorse his latest album '11'. Doors will open at 5pm, and the only way to get in, is to buy his latest album from FNAC outlets, (cost of €19,95, preço verde), which will enable you to get in on the action. However, you are advised to get there fast, as the venue can only hold up to 300 people.



March 7th at Maxime, in Lisbon.

### Korn – Lisbon

Korn is a band from California, and are credited with creating and popularizing the nu metal genre. Along with other bands at the time, they have also inspired many nu metal and alternative metal bands throughout

the mid 1990s and early 2000s.

The band's catalogue consists of nine consecutive debuts in the top ten of the Billboard 200, including a compilation album, *Greatest Hits Vol.1*, and their untitled

eighth album, released on July 31, 2007. To date, Korn has sold over 30 million albums worldwide, including 16.5 million in the U.S., whilst earning six Grammy nominations—two of which they have won.



February 27th at Pavilhão Atlântico from 8pm. Tickets: €25 - €35

## BOOK REVIEW

### Matter

Iain M Banks, published in hardback by Orbit. Available now.

Banks' return to his Culture science fiction setting comes as quite a surprise, partly because he hasn't set a book there since 2000's *Look To Windward*, which even at the time felt like a farewell.

Beyond which, his well-publicised opposition to the Iraq war seemed likely to sit uneasily with the story's core concept: the Culture is an advanced intergalactic civilisation which feels a moral obligation to help those less fortunate than itself; the interventions can be shadowy, often have a terrible cost in the short term, and do not exclude regime change - but always, ultimately, are seen to come from good intentions and to be worthwhile in the long run.

His reconciliation of this dilemma, as we should have expected, is ingenious. His stand-ins for George W Bush and company are not the benevolent Culture but the Oct - creatures of twisted syntax, shadowy aims, and a terrible tendency to read the evidence according to what they'd like to find.

Which is not to suggest that *Matter* is straight political satire; the Oct may function as a critique of US interventionism but the planet with which they meddle is pure sense of wonder SF; a 'shellworld' composed of concentric spheres, each inhabited by different races, and constructed eons past by aliens impressive even to the Culture.

Through this setting (and the surrounding galaxy) our protagonists romp in an occasionally comical adventure. These strands intertwine as satisfactorily as one would expect from a writer of Banks' gifts, and

even the infodumps which can put some readers off SF are delivered in such deft prose as to be a joy.

Whether *Matter* reveals Banks' political stance is debatable, but thankfully polemic argument has not been allowed enough rein to obscure the undoubted talents of our greatest living SF writer.

Alex Sarll

## EXHIBITIONS

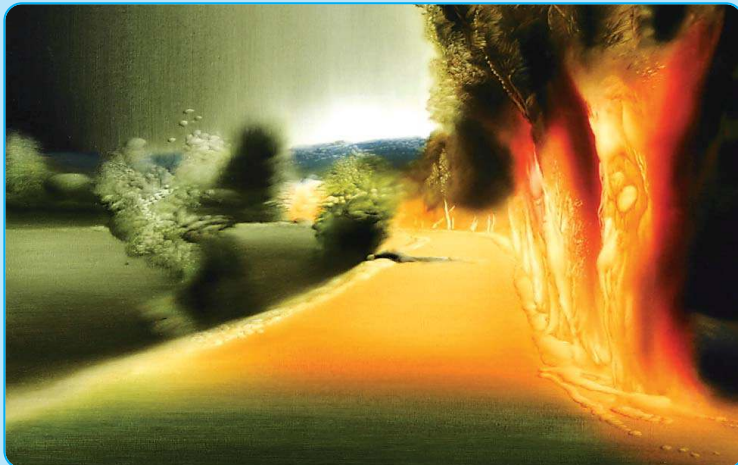
### Igor Oleinikov painting exhibition

This painting exhibition is currently at the Vale do Lobo Art Gallery titled 'Mystic Landscapes' - an exhibition of oil paintings from Russian artist Igor Oleinikov.

Igor Oleinikov was born in Krasnodar, North Caucasus in 1968. He graduated from the Krasnodar Academy of Fine Arts in 1987 and his move to

Germany in 1996 led him to further his studies at the Düsseldorf Academy of Fine Arts in 1999, training as a master pupil with the renowned artist, Professor. Markus Lüpertz. The artist has since lived and worked in Berlin, exhibiting his pieces in a number of galleries in Europe and has also illustrated for fictional

tales, including the famous "Nutcracker" by E.T.A. Hoffmann. His latest work presents a series of landscapes with trees, paths, lakes and fields appearing mystically in a hazy, unreal light, and demonstrating masterful use of pungent red, bright blue and other vibrant colours.



The exhibition - organised in collaboration with the São Lourenço Cultural Centre until 16th April, Monday to Saturday, from 10am to 7pm. For more information, call 289 353 322, or e-mail: [events@vdl.pt](mailto:events@vdl.pt)

## BOX OFFICE

### MUSIC FESTIVALS

#### APRIL

**Festival Gouveia Art Rock** - April 5th: Ange; Aranis; Par Lindh; Behuinos a Gasóleo. April 6th: Van der Graaf Generator; Thinking Plague; Les Reines Prochaines. Festival at Gouveia Cine-Theatro. Tickets: €35 for one day, €60 for both days.

#### MAY

**Rock in Rio Lisboa** - May 30th - June 8th at Parque da Bela Vista in Lisbon. Tickets: €53 daily tickets. Confirmed acts: May 30: Lenny Kravitz; James Morrison; Ivette Sangalo; Sam the Kid & Cool Hopnoise; Ricardo Azevedo & Lúcio Moniz; Philharmonia Weed & Prince Wadada; Paul Van Dyk. May 31: Bon Jovi; Expensive Soul; Sara Tavares; João Gil; Tilo Paris; Marisa Pinto; NBC; Verónica Larrénne; Carl Cox. June 1: Rod Stewart; Boss AC; Vitorino; Ala dos Namorados; Rão Kyao; Nancy Vieira; Jazzinho, Melo D. June 5: Metallica; Machine Head; Tim; Jorge Palma; Weaygunn; The Faith Gospel Choir; André Indiana; Sp & Wilson. June 6: Clá; Buraka Som Sistema; Deise Tigrana; Bruno M; Cain; Vibe.

#### JULY

**Super Bock Super Rock** - July 9th at Parque Tejo in Lisbon from 5pm. Tickets: €40. Confirmed acts: Iron Maiden; Avenged Sevenfold.

**Festival Oeiras Alive** - July 10th - 12th at Passeio Marítimo de Algés. Tickets: €45 - €80. Confirmed acts: July 10: Rage Against The Machine. July 11: Within Temptation. July 12: Ben Harper Donavon Frankenreiter.

**Paredes de Coura** - July 31st - August 3rd at Praia Fluvial do Tabuão. Tickets: €40 - €70. Confirmed acts: July 31: Sex Pistols. Further info TBA.

#### AUGUST

**Sudoeste** - August 7th - 10th at Herdade da Casa Branca. Confirmed acts: August 8: The Dynamics. Further info and acts TBA.

**TICKETS:** Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: [www.pavilhaoatlantico.pt](http://www.pavilhaoatlantico.pt); [www.ticketline.pt](http://www.ticketline.pt) | Phone numbers: 21 891 8409 (Pavilhão Atlântico); 707 234 324 (Ticketline)

[www.the-news.net](http://www.the-news.net)

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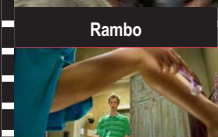
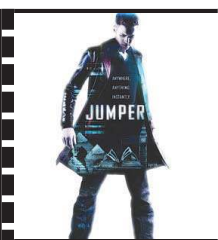
Rua Frei Joaquim de Loulé, 25

8100-579 Loulé

Tel.: 289 414 000 • Fax: 289 412 400







## ALGARVE

### SBC FORUM ALGARVE

TEL: 289 887 212

21 FEB-27 FEB

1 **Michael Clayton**

George Clooney, Tom Wilkinson  
13.35-16.15-19.00-21.40 (00.20 Fri & Sat)

2 **Bee Movie**

Animation PV  
(11.00 Sat & Sun)

3 **Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter  
13.45-19.25-22.00 (00.30 Fri & Sat)

4 **Call Girl**

Soraia Chaves, Joaquim de Almeida  
16.20

5 **Jumper**

Hayden Christensen, Samuel L. Jackson  
(12.30 Sat & Sun) 14.45-17.00-19.10-21.20 (23.30 Fri & Sat)

6 **Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon  
(10.00 Sat & Sun) 12.45-15.50-18.30-21.10 (00.05 Fri & Sat)

7 **Juno**

Ellen Page, Michael Cera  
(10.20-12.35 Sat & Sun) 14.50-17.05-21.30 (23.55 Fri & Sat)

8 **Alvin and the Chipmunks**

Jason Lee, David Cross (PV)  
(10.40 Sat & Sun)

9 **Rambo**

Sylvester Stallone, Julie Benz  
13.10-15.20-17.30-19.40-21.50 (00.00 Fri & Sat)

10 **P.S. I Love You**

Hilary Swank, Gerard Butler  
(10.30 Sat & Sun) 15.30-18.15-21.00 (23.40 Fri & Sat)

11 **In the Valley of Elah**

Tommy Lee Jones, Charlize Theron  
12.55-18.35 (00.10 Fri & Sat)

12 **The Kite Runner**

Khalid Abdalla, Atossa Leoni  
15.45-21.15

13 **Atonement**

Keira Knightley, James McAvoy  
12.50-18.10

14 **Gone Baby Gone**

Casey Affleck, Michelle Monaghan  
15.35-21.05 (23.50 Fri & Sat)

## CASTELLO LOPES CINEMAS

### PORTIMÃO

TEL: 707 220 220

21 FEB-27 FEB

1 **Michael Clayton**

George Clooney, Tom Wilkinson  
13.35-16.05-18.35-21.20 (23.50 Fri & Sat)

2 **Cassandra's Dream**

Ewan McGregor, Colin Farrell  
13.40-16.10-18.40-21.30 (00.00 Fri & Sat)

3 **Atonement**

Keira Knightley, James McAvoy  
13.30-16.00-18.30-21.10 (23.40 Fri & Sat)

4 **Rambo**

Sylvester Stallone, Julie Benz  
13.55-15.50-17.50-19.50-21.50 (00.10 Fri & Sat)

5 **Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon  
13.50-16.15-18.45-21.40 (00.05 Fri & Sat)

6 **Jumper**

Hayden Christensen, Samuel L. Jackson  
14.00-15.55-17.55-19.55-22.00 (00.20 Fri & Sat)

OV = Original Version

PV = Portuguese Version

310 to Yuma

Rendition

310 to Yuma

## CASTELLO LOPES CINEMAS

### ALGARVESHOPPING

TEL: 707 220 220

21 FEB-27 FEB

1 **In the Valley of Elah**

Tommy Lee Jones, Charlize Theron  
13.00-16.10-18.45-21.25 (00.05 Fri & Sat)

2 **Michael Clayton**

George Clooney, Tom Wilkinson  
13.25-16.00-18.35-21.40 (00.20 Fri & Sat)

3 **Atonement**

Keira Knightley, James McAvoy  
13.05-15.50-18.30

4 **Eastern Promises**

Viggo Mortensen, Naomi Watts  
21.10 (23.45 Fri & Sat)

5 **Rambo**

Sylvester Stallone, Julie Benz  
13.10-15.15-17.20-19.25-21.30 (23.40 Fri & Sat)

6 **Bee Movie**

Animation PV  
13.50-16.05

7 **Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter  
18.25-21.00 (23.30 Fri & Sat)

8 **Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon  
13.40-16.20-18.50-21.20 (23.50 Fri & Sat)

9 **Juno**

Ellen Page, Michael Cera  
13.15-15.20-17.35-19.40-21.50 (00.00 Fri & Sat)

10 **Jumper**

Hayden Christensen, Samuel L. Jackson  
13.20-15.25-17.30-19.35-21.45 (23.55 Fri & Sat)

11 **P.S. I Love You**

Hilary Swank, Gerard Butler  
13.30-16.15-18.55-21.35 (00.10 Fri & Sat)

## LUSOMUNDO

### VILAMOURA

TEL: 289 302 277

21 FEB-27 FEB

**Atonement**

Keira Knightley, James McAvoy  
15.30-18.30-21.30

## CENTRE

### LUSOMUNDO

#### ALMADA FORUM

TEL: 707 246362

21 FEB-27 FEB

**Juno**

Ellen Page, Michael Cera  
**Michael Clayton**

George Clooney, Tom Wilkinson

**Rambo**

Sylvester Stallone, Julie Benz  
**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon

**P.S. I Love You**

Hilary Swank, Gerard Butler  
**Jumper**

Hayden Christensen, Samuel L. Jackson  
**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter  
**Beowulf**

Animation 3D Digital  
**The Kite Runner**

Khalid Abdalla, Atossa Leoni  
**Gone Baby Gone**

Casey Affleck, Michelle Monaghan  
**In the Valley of Elah**

Tommy Lee Jones, Charlize Theron  
**I Am Legend**

Will Smith, Salli Richardson  
**Cloverfield**

Mike Vogel, Jessica Lucas  
**Sydney White**

## LUSOMUNDO

### ALVALÁXIA

TEL: 21 754 9000

21 FEB-27 FEB

**Michael Clayton**

George Clooney, Tom Wilkinson  
**Juno**

Ellen Page, Michael Cera  
**Persepolis**

Animation  
**There Will Be Blood**

Daniel Day-Lewis, Dillon Freasier  
**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon  
**Jumper**

Hayden Christensen, Samuel L. Jackson  
**Rambo**

Sylvester Stallone, Julie Benz  
**Gone Baby Gone**

Casey Affleck, Michelle Monaghan  
**Feast of Love**

Morgan Freeman, Greg Kinnear  
**The Kite Runner**

Khalid Abdalla, Atossa Leoni  
**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter  
**Atonement**

Keira Knightley, James McAvoy  
**Call Girl**

Soraia Chaves, Joaquim de Almeida

## LUSOMUNDO

### AMOREIRAS

TEL: 707 246362

21 FEB-27 FEB

**Michael Clayton**

George Clooney, Tom Wilkinson  
**Juno**

Ellen Page, Michael Cera  
**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon  
**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter  
**Enchanted**

Amy Adams, Patrick Dempsey (PV)  
**There Will Be Blood**

Daniel Day-Lewis, Dillon Freasier  
**Centre-Enquête**

Contra-Duquenois, Laurent Lucas  
**In the Valley of Elah**

Tommy Lee Jones, Charlize Theron  
**Atonement**

Keira Knightley, James McAvoy

## LUSOMUNDO

### CASCAISHOPPING

TEL: 707 246362

21 FEB-27 FEB

**Juno**

Ellen Page, Michael Cera  
**Michael Clayton**

George Clooney, Tom Wilkinson  
**Rambo**

Sylvester Stallone, Julie Benz  
**Bee Movie**

Animation PV  
**P.S. I Love You**

Hilary Swank, Gerard Butler  
**Jumper**

Hayden Christensen, Samuel L. Jackson  
**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon  
**Gone Baby Gone**

Casey Affleck, Michelle Monaghan

## LUSOMUNDO

### COLOMBO

TEL: 707 246362

21 FEB-27 FEB

**Michael Clayton**

George Clooney, Tom Wilkinson

**Juno**

Ellen Page, Michael Cera

**There Will Be Blood**

Daniel Day-Lewis, Dillon Freasier

**Bee Movie**

Animation PV

**Gone Baby Gone**

Casey Affleck, Michelle Monaghan

**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon

**Jumper**

Hayden Christensen, Samuel L. Jackson

**Rambo**

Sylvester Stallone, Julie Benz

**Sydney White**

Amanda Bynes, Matt Long

**Atonement**

Keira Knightley, James McAvoy

**P.S. I Love You**

Hilary Swank, Gerard Butler

**Cloverfield**

Mike Vogel, Jessica Lucas

## Sweeney Todd: The Demon Barber of Fleet Street

Johnny Depp, Helena Bonham-Carter

## LUSOMUNDO

### DOLCEVITA MIRAFLORES

TEL: 707 246362

21 FEB-27 FEB

**Jumper**

Hayden Christensen, Samuel L. Jackson  
**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon

**Call Girl**

Soraia Chaves, Joaquim de Almeida  
**Cloverfield**

Mike Vogel, Jessica Lucas  
**Enchanted**

Amy Adams, Patrick Dempsey (PV)  
**Feast of Love**

Morgan Freeman, Greg Kinnear

## UCI CINEMAS

### EL CORTE INGLÉS

TEL: 707 23 22 21

21 FEB-27 FEB

**Juno**

Ellen Page, Michael Cera  
**Michael Clayton**

George Clooney, Tom Wilkinson  
**Persepolis**

Animation  
**The Darjeeling Limited**

Owen Wilson, Adrien Brody  
**Rendition**

Reese Witherspoon, Jake Gyllenhaal  
**Rambo**

Sylvester Stallone, Julie Benz  
**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon  
**Lust, Caution**

Tony Leung Chiu Wai, Wei Tang  
**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter  
**There Will Be Blood**

Daniel Day-Lewis, Dillon Freasier  
**Gone Baby Gone**

Casey Affleck, Michelle Monaghan  
**P.S. I Love You**

Hilary Swank, Gerard Butler  
**Into the Wild**

Emile Hirsch, Jena Malone  
**Atonement**

Keira Knightley, James McAvoy  
**Jumper**

Hayden Christensen, Samuel L. Jackson  
**In the Valley of Elah**

Tommy Lee Jones, Charlize Theron  
**The Kite Runner**

Khalid Abdalla, Atossa Leoni

## LUSOMUNDO

### FORUM MONTIJO

TEL: 707 246362

21 FEB-27 FEB

**Michael Clayton**

George Clooney, Tom Wilkinson  
**Jumper**

Hayden Christensen, Samuel L. Jackson  
**Beowulf**

Animation 3D Digital  
**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter  
**Feast of Love**

Morgan Freeman, Greg Kinnear  
**Jumper**

Hayden Christensen, Samuel L. Jackson  
**Astérix aux Jeux Olympiques**

Gérard Depardieu, Alain Delon  
**Rambo**

Sylvester Stallone, Julie Benz

**LUSOMUNDO**

**VASCO DA GAMA**

TEL: 707 246362

21 FEB-27 FEB

**Ratatuille**

Animation PV

**Jumper**

Hayden Christensen, Samuel L. Jackson

**P.S. I Love You**

Hilary Swank, Gerard Butler

**Rambo**

Sylvester Stallone, Julie Benz

**Beowulf**

Animation

**Sweeney Todd: The Demon Barber of Fleet Street**

Johnny Depp, Helena Bonham-Carter

**Michael Clayton**

George Clooney, Tom Wilkinson

**Astérix aux Jeux Olympiques**

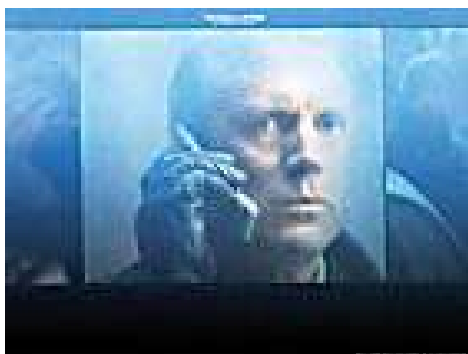
Gérard Depardieu, Alain Delon





# JUNO

*Juno* stars Ellen Page as the title character, a whip-smart teen confronting an unplanned pregnancy by her classmate Bleeker (Michael Cera). With the help of her best friend Leah (Olivia Thirlby), Juno finds her unborn child a "perfect" set of parents: an affluent suburban couple, Mark and Vanessa (Jason Bateman and Jennifer Garner), longing to adopt. Luckily, Juno has the total support of her parents (J.K. Simmons and Allison Janney) as she faces some tough decisions, flirts with adulthood and ultimately figures out where she belongs.

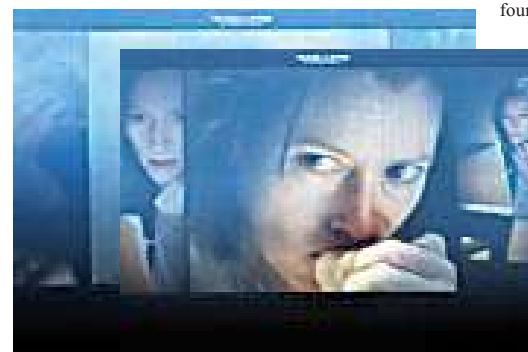


## MICHAEL CLAYTON

Michael Clayton (George Clooney) is what is known in the legal world as a "fixer," or in the character's own pejorative version, a "janitor" who cleans up legal messes for VIPs and corporations on behalf of a prestigious New York City law firm. A former litigator, Clayton has found a niche that capitalizes on his legal acumen and shrewd people skills, and yet, after 13 years on the job, finds himself increasingly disgusted with his clientele. The film covers four pivotal days of his life, in which a midlife crisis and a crisis of conscience neatly converge when he is called in to "fix" a situation unfolding in one of his firm's hottest cases. Brilliant

liant lawyer Arthur Edens (Tom Wilkinson), representing a huge agro-chemical corporation being hit by a class action suit, has a bipolar breakdown, compounded by guilt over his defence of a company that is probably in the wrong, but is wealthy enough to buy its innocence either way.

The company's CEO (Tilda Swinton) will stop at nothing to keep Edens from sinking the case. Clayton must decide how much of Edens' mad rebellion against the company is sheer mental illness, how much is true, and how much it will cost him to do the right thing.



*Persepolis* is the poignant story of a young girl in Iran during the Islamic Revolution. It is through the eyes of precocious and outspoken nine year old Marjane that we see a people's hopes dashed as fundamentalists take power, forcing the veil on women and imprisoning thousands. Clever and fearless, she outsmarts the "social guardians" and discovers punk, ABBA and Iron Maiden. Yet when her uncle is senselessly executed and as bombs fall around Tehran in the Iran/Iraq war, the daily fear that permeates life in Iran is palpable. As she gets older, Marjane's boldness causes her parents to worry



## persepolis

over her continued safety. And so, at age fourteen, they make the difficult decision to send her to school in Austria. Marjane Satrapi's graphic novels *Persepolis: the Story of a Childhood* (2003, English version) and *Persepolis 2: the Story of a Return* (2004, English version) won widespread acclaim in France, now her home, and around the world. Now, she has co-directed, with Vincent Paronnaud, the animated film version of her memoir.





**CELEB NEWS**

Actor **Jason Bateman** has confirmed plans are underway for a movie version of cancelled TV sitcom **Arrested Development**. A rumoured meeting between the star and series creator Mitch Hurwitz late last year fuelled speculation a big-screen adaptation of the cult show was in the pipeline. And now the **Juno** star has confirmed the cast has received calls from executives asking if they would be interested in reviving their roles once the ongoing Hollywood writers strike is over. He tells E! News, "I can confirm that a round of sniffing has started. Any talk is targeting a post-strike situation, of course. I think, as always, that it's a question of whether the people with the money are willing to give our leader, Mitch Hurwitz, what he deserves for his participation. And I can speak for the cast when I say our fingers are crossed". (www)

Toshiba formally announced the death of **HD DVD**, thereby ending its two-year-long battle with Sony over next-generation high-definition home video players. "We carefully assessed the long-term impact of continuing the so-called next generation format war and concluded that a swift decision will best help the market develop," Toshiba chief Atsutoshi Nishida told a Tokyo news conference. "It was a tough decision," he added. The company said that it plans to shut down its HD DVD research and manufacturing operations by the end of March. The decision leaves Sony's **Blu-ray** system as the sole high-definition consumer technology and may end a wait-and-see attitude that has stalled adoption of such systems homes. "With a single format, consumers may be more willing to buy high-definition DVD players, helping the market grow," Akio Mizutani, a Tokyo-based researcher at Mizuho Corporate Bank Ltd., told Bloomberg News. But several other analysts pointed out that stand-alone Blu-ray players cost around \$400 (versus about \$150 for HD DVD players) and that, with either system, a significant improvement in picture quality can be noticed by the average consumer only on the largest home-theatre systems. (www) Actor **Christopher Walken** sang while dressed in drag when he collected his Man Of The Year award from Harvard University's Hasty Pudding Theatrical Society. The Oscar winner donned a bra and brown wig, danced and sang a song from movie **Hairspray** before accepting the wacky honour from the prestigious Massachusetts college's amateur theatrical organization. Walken admitted he would "have prepared or had a couple of drinks" had he known what was in store at the ceremony, adding, "I hope nobody's watching. I acted on this stage in a play about 20 years ago." The 64-year-old later admitted he was "amazed and thrilled" by the honour. Talisa Friedman, press manager for the Hasty Pudding drama troupe, said Walken exemplifies the Hasty Pudding spirit and the value it puts on fun. Actress **Charlize Theron** collected the Hasty Pudding Woman Of The Year award earlier this month. (www) Award-winning filmmakers **Joel Coen** and **Ethan Coen** are adapting Michael Chabon's bestseller **The Yiddish Policemen's Union** for the big screen. The Coen brothers are set to write and direct the screen version of the Jewish murder mystery, but the movie moguls have yet to make decisions about the cast. The Coens' current film **No Country For Old Men** earned the brothers a Bafta for best director at the weekend, and is nominated for eight Oscars. According to website andpop.com, the brothers will start work on Chabon's story after shooting dark comedy **The Serious Man**. (www) With a current gross of \$125 million, Fox Searchlight's comedy **Juno** has become the biggest indie hit since 2002's **My Big Fat Greek Wedding**, which eventually grossed \$241.4 million. Daily Variety also observed that it is also the only film this year to remain in the top-10 box office list every weekend since its debut. Moreover, it is the highest-grossing film nominated for a best-film Oscar, taking in more than twice the revenue of its closest rival, the Coen brothers' **No Country for Old Men**, which has earned \$61.3 million. (www)

**NORTH**

**UCI CINEMAS**  
**ARRÁBIDA SHOPPING**  
TEL: 707 23 22 21  
**21 FEB-27 FEB**



**Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon  
**In the Valley of Elah**  
Tommy Lee Jones, Charlize Theron  
**Charlie Wilson's War**  
Tom Hanks, Philip Seymour Hoffman  
**Feast of Love**  
Morgan Freeman, Greg Kinnear  
**Alvin and the Chipmunks**  
Jason Lee, David Cross (PV)  
**Rendition**  
Reese Witherspoon, Jake Gyllenhaal  
**The Darjeeling Limited**  
Owen Wilson, Adrien Brody  
**The Kite Runner**  
Khalid Abdalla, Atossa Leoni  
**I Am Legend**  
Will Smith, Salli Richardson  
**Call Girl**  
Soraia Chaves, Joaquim de Almeida  
**Rambo**  
Sylvester Stallone, Julie Benz  
**Atonement**  
Keira Knightley, James McAvoy  
**Juno**  
Ellen Page, Michael Cera  
**There Will be Blood**  
Daniel Day-Lewis, Dillon Freasier  
**Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter  
**Persepolis** - Animation  
**Jumper**  
Hayden Christensen, Samuel L. Jackson  
**Michael Clayton**  
George Clooney, Tom Wilkinson  
**Gone Baby Gone**  
Casey Affleck, Michelle Monaghan  
**National Treasure: Book of Secrets**  
Nicolas Cage, Justin Bartha  
**3:10 to Yuma**  
Russell Crowe, Christian Bale  
**Bee Movie** - Animation PV  
**Cloverfield**  
Mike Vogel, Jessica Lucas  
**P.S. I Love You**  
Hilary Swank, Gerard Butler

**LUSOMUNDO**  
**FORUM AVEIRO**  
TEL: 707 246362  
**21 FEB-27 FEB**

**Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon  
**Call Girl**  
Soraia Chaves, Joaquim de Almeida  
**Atonement**  
Keira Knightley, James McAvoy  
**P.S. I Love You**  
Hilary Swank, Gerard Butler  
**Lust, Caution**  
Tony Leung Chiu Wai, Wei Tang  
**Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter  
**Michael Clayton**  
George Clooney, Tom Wilkinson  
**Shark Bait** - Animation PV

**LUSOMUNDO**  
**GLICINIAS**  
TEL: 707 246362  
**21 FEB-27 FEB**

**Good Luck Chuck**  
Dane Cook, Jessica Alba  
**National Treasure: Book of Secrets**  
Nicolas Cage, Justin Bartha  
**In the Valley of Elah**  
Tommy Lee Jones, Charlize Theron  
**Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon  
**Feast of Love**  
Morgan Freeman, Greg Kinnear  
**Jumper**  
Hayden Christensen, Samuel L. Jackson

**Sydney White**  
Amanda Bynes, Matt Long  
**Cloverfield**  
Mike Vogel, Jessica Lucas  
**Ratatouille** - Animation

**LUSOMUNDO**  
**DOLCE VITA COIMBRA**  
TEL: 707 246362  
**21 FEB-27 FEB**

**Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon  
**Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter  
**There Will be Blood**  
Daniel Day-Lewis, Dillon Freasier  
**Atonement**  
Keira Knightley, James McAvoy  
**Juno**  
Ellen Page, Michael Cera  
**4 luni, 3 saptamani, si 2 zile**  
Anamaria Marinca, Laura Vesiliu  
**The Kite Runner**  
Khalid Abdalla, Atossa Leoni  
**Feast of Love**  
Morgan Freeman, Greg Kinnear  
**Bee Movie** - Animation PV  
**Charlie Wilson's War**  
Tom Hanks, Philip Seymour Hoffman  
**In the Valley of Elah**  
Tommy Lee Jones, Charlize Theron

**LUSOMUNDO**  
**FORUM COIMBRA**  
TEL: 707 246362  
**21 FEB-27 FEB**

**Trade**  
Kevin Kline, Paulina Gaitan  
**Le Scaphandre et le Papillon**  
Mathieu Amalric e Emmanuelle Seigner  
**Cloverfield**  
Mike Vogel, Jessica Lucas  
**Rambo**  
Sylvester Stallone, Julie Benz  
**I Am Legend**  
Will Smith, Salli Richardson  
**National Treasure: Book of Secrets**  
Nicolas Cage, Justin Bartha  
**Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon  
**Jumper**  
Hayden Christensen, Samuel L. Jackson

**LUSOMUNDO**  
**FOZPLAZA**  
TEL: 707 246362  
**21 FEB-27 FEB**

**Jumper**  
Hayden Christensen, Samuel L. Jackson  
**Shark Bait** - Animation PV  
**Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter  
**Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon  
**Cloverfield**  
Mike Vogel, Jessica Lucas  
**Feast of Love**  
Morgan Freeman, Greg Kinnear

**LUSOMUNDO**  
**FERRARA PLAZA**  
TEL: 707 246362  
**21 FEB-27 FEB**

**Feast of Love**  
Morgan Freeman, Greg Kinnear  
**Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter  
**Balls of Fury**  
Christopher Walken, Maggie Q.  
**Cloverfield**  
Mike Vogel, Jessica Lucas  
**Jumper**  
Hayden Christensen, Samuel L. Jackson  
**Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon  
**Enchanted**  
Amy Adams, Patrick Dempsey

**LUSOMUNDO**  
**DOLCE VITA DOURO**  
TEL: 707 246362  
**21 FEB-27 FEB**

**Jumper**  
Hayden Christensen, Samuel L. Jackson  
**Cloverfield**  
Mike Vogel, Jessica Lucas  
**4 luni, 3 saptamani, si 2 zile**  
Anamaria Marinca, Laura Vesiliu  
**Saw IV**  
Tobin Bell, Liyriq Bent  
**Feast of Love**  
Morgan Freeman, Greg Kinnear  
**Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter  
**Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon  
**3:10 to Yuma**  
Russell Crowe, Christian Bale  
**Atonement**  
Keira Knightley, James McAvoy  
**Enchanted**  
Amy Adams, Patrick Dempsey

**LUSOMUNDO**  
**FORUM VISEU**  
TEL: 707 246362  
**21 FEB-27 FEB**

**Feast of Love**  
Morgan Freeman, Greg Kinnear  
**Ratatouille**  
Animation  
**Sweeney Todd: The Demon Barber of Fleet Street**  
Johnny Depp, Helena Bonham-Carter  
**Jumper**  
Hayden Christensen, Samuel L. Jackson  
**Atonement**  
Keira Knightley, James McAvoy  
**Call Girl**  
Soraia Chaves, Joaquim de Almeida  
**Astérix aux Jeux Olympiques**  
Gérard Depardieu, Alain Delon  
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Casey Affleck, Michelle Monaghan  
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Kevin Kline, Paulina Gaitan  
**Jumper**  
Hayden Christensen, Samuel L. Jackson  
**Michael Clayton**  
George Clooney, Tom Wilkinson  
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**Atonement**  
Keira Knightley, James McAvoy  
**Feast of Love**  
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**Sydney White**  
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## BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Take on the Takeaway. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.10 Inside Sport Beijing Special. (R) (T) 2.00 Live Six Nations Rugby Union. Wales v Italy (Kick-off 3.00pm). (T) 4.50 Live Six Nations Rugby Union. Ireland v Scotland (Kick-off 5.00pm). (T)

7.00 BBC News; Regional News; Weather. (T) 7.20 Out-Take TV. Anne Robinson reveals the best and worst bits of Weakest Link, the quiz show she presents. Including moments when the contestants are seen to stutter and stumble as they face her wrath. (R) (T)

7.50 Live Six Nations Rugby Union. France v England (Kick-off 8.00pm). John Inverdale introduces coverage from the Stade de France, where the final game of the day brings the third round of fixtures to a close. (T)

10.00 BBC News; Weather. (T) 10.20 The National Lottery Draws. John Barrowman sets the balls rolling to decide the all-important numbers. (T)

10.30 Match of the Day. Gary Lineker introduces highlights of this afternoon's Premier League matches, including Birmingham City's clash with Arsenal at St Andrews, as the relegation-threatened hosts go in search of their first win at home since their Boxing Day success over Middlesbrough. Plus, action from Newcastle United against Manchester United at St James' Park and Sunderland's trip to Fratton Park to face Portsmouth. (T)

11.40 FILM: Highlander: Endgame (2000). Fantasy sequel, starring Christopher Lambert. (T)

1.15 Friday Night with Jonathan Ross; (R) (T) Weatherview. 2.20 BBC News 24. (T)



## BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Watch My Chops. (R) (T) 7.10 Watch My Chops. (R) (T) 7.25 Arthur. (R) (T) 7.40 Mortified. (R) (T) 8.00 Krypto the Superdog. (R) (T) 8.15 Zombie Hotel. (R) (T) 8.40 Dinosapien. (R) (T) 9.00 Basil's Swap Shop. (T) 10.00 Prank Patrol. (R) (T) 10.30 What's New Scooby-Doo? (R) (T) 10.50 Best of Friends. (R) (T) Diddy Dick & Dom. (R) (T) 11.20 Animalia. (R) (T) 11.45 Sportsound. (T) 12.00 BBC Switch: Sound. (T) 12.35 BBC Switch: Them. (T) 12.50 BBC Switch: Falcon Beach. (T) 1.35 Film 2008 with Jonathan Ross. (R) (T) 2.05 Animal Park. (T) 2.35 FILM: Swiss Family Robinson (1960). Disney adventure, starring John Mills. (T) 4.40 Final Score. (T) 5.30 What the Papers Say. (T) 5.40 Natural World. (R) (T) 6.30 The Great British Parakeet Invasion. (R) (T) 6.40 Wild Scilly: Britain's Island Paradise. (T) 7.10 The Culture Show. With cellist Josephine Knight and music by Duffy. (T) 8.00 Coast. Travelling from Exmouth to Bristol via Land's End. Nicholas Crane finds stories of shipwrecks and slavery, as well as devastating storms. (R) (T) 9.00 Have I Got Old News for You. With host Alastair McGowan. (R) (T) 9.30 FILM: The Ladykillers (2004). Premiere. A gang of cunning crooks come up with a scheme to bag a fortune - but an unsuspecting old lady looks set to ruin their plan. Comedy re-make, starring Tom Hanks. (T) 11.10 FILM: Carry On Again, Doctor (1969). Medical comedy, starring Sid James. (T) 12.35 FILM: Felicia's Journey (1999). Drama, starring Bob Hoskins. (T) 2.25 The Culture Show. (R) 3.15 FILM: La Nouvelle Eve (1999). Quirky French drama, starring Karin Viard. 4.45 Close.

## C4

6.00 Cubez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.50 T4: Friends. (R) (T) 9.20 T4: Jumper. T4 Movie Special. (R) (T) 9.50 T4: Kaiser Chiefs' NME Awards: Best International Band. (T) 10.00 T4: Freshly Squeezed. 10.35 T4: Peaches Geldof's NME Awards: Best Solo Artist. (T) 10.45 T4: The Hills. (R) (T) 11.15 T4: Kimberly Stewart's NME Awards: Sexiest Man/Woman. (T) 11.30 T4: Friends. (R) (T) 12.00 T4: Vanity Lair. (R) (T) 1.00 T4: Age of Love. (T) 2.00 Channel 4 Racing from Kempton Park and Newcastle. Including the 3.15 Racing Post Chase (Hcap) (3m). (T) 4.10 Deal or No Deal. (T) 5.00 Jamie at Home. (R) (T) 5.30 Wife Swap USA. 6.30 Channel 4 News. (T) 7.00 ER. A city-wide blackout sees the hospital inundated with patients. (T) 8.00 Grand Designs. A couple build a modernist home a mile from Bath, opting for an environmentally friendly German prefabricated kit house - but first they have to prepare the site. (R) (T) 9.00 FILM: Clear and Present Danger (1994). Harrison Ford returns as CIA analyst Jack Ryan, this time trying to track down terrorists responsible for murdering a senator. Action-packed thriller, with Willem Dafoe. (T) 11.40 Wife Swap. (R) (T) 12.45 Music: Kaiser Chiefs' NME Awards: Best International Band. (R) (T) 1.00 Music: Peaches Geldof's NME Awards: Best Solo Artist. (R) (T) 1.15 FILM: The Big Lebowski (1998). Coen brothers comedy, starring Jeff Bridges. (T) 3.15 FILM: The Destroyers (1967). Spy thriller, starring Richard Egan. (T) 5.00 Supporting Acts. (R) (T) 5.15 Countdown. (R) (T)

## FIVE

6.00 Sunrise. 6.55 Milkshake!: Funky Town. (R) (T) 7.00 Hi-5. (R) (T) 7.45 The Beeps. (R) (T) 8.00 Rupert Bear. (R) (T) 8.15 Little Princess. (R) (T) 8.35 Hana's Helpline. (R) (T) 8.50 Roary the Racing Car. (R) (T) 9.05 Gerald McBoing Boing. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Football Italiano Highlights. (T) 10.30 Fifth Gear. (R) (T) 11.30 Flying Snake: Austin Stevens' Adventures. (R) (T) 12.35 Animal Rescue Squad. (T) 12.50 Neighbours. (T) 3.00 FILM: Beaches (1988). Tear-jerking drama, starring Bette Midler. (T) 5.10 FILM: Sabrina the Teenage Witch (1996). Supernatural comedy, with Melissa Joan Hart. (T) 6.50 five news and sport. (T) 7.05 Ice Road Truckers. Todd White faces a ban for speeding - and Drew Sherwood abandons his load when a diesel tanker overturns and threatens to leak into the river. (R) (T) 8.05 NCIS. The team deal with the puzzling case of a sailor who has been sent a parcel containing human eyeballs. Meanwhile, Gibbs investigates a former Navy agent turned bad. (R) (T) 9.00 CSI: NY. The team discover two murders seem to be linked. (T) 10.00 Law & Order. Briscoe and Green are called to investigate a case of suspected identity fraud when an executive is found shot dead in his plush apartment. (T) 11.00 True CSI. (R) (T) 12.00 Quiz Call. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

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1230 Contra 1300 News 1415 Top + 1530 Missão de Joan 1715 Miracle Dogs Too, film 1915 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Operação Triunfo 2345 The Constant Gardner, film 0115 Gale Force, film 0400 Lottery 0415 Telesales

RTP2  
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TVI  
0700 Children TV 0900 Smackdown Wrestling 1030 O Bando dos 4 1200 DeLuxe 1400 Eureka II 1600 Film TBA 1800 Film TBA 2000 News 2130 Fascínios 2245 Deixame Amar 0000 Timeless Obsession, film 0200 Toca a Ganhar 0330 Animal factory, film 0500 The Office 0530 Telesales

## Best of the Rest

BBC3  
6.00 Sound 7.30 Top Gear 8.30 The Real Hustle Las Vegas 9.00 Film: The Girl Next Door 15 (2004) 10.45 Two Pints of Lager and a Packet of Crisps 11.15 Family Guy 11.40 Family Guy 12.00 Lily Allen and Friends 12.45 The Real Hustle Las Vegas 1.15 Dawn Gets Naked 2.10 Freaky Eaters 3.10 Lily Allen and Friends 3.55 Dawn Gets Naked 4.50 Close

BBC4  
6.00 The Diary of a Nobody 7.10 The Diary of a Nobody 7.20 Pride and Prejudice 8.10 Pride and Prejudice 9.00 Pride and Prejudice 9.00 Revisited 9.30 Savile Row 10.30 Film: How to Murder Your Wife PG (1965) 12.25 The Jet Stream and Us 1.25 Citizen Smith 1.55 Brecon Jazz Festival 2007 2.25 Savile Row 3.25 Citizen Smith 3.55 Brecon Jazz Festival 2007 4.25 Close

ITV2  
1.00 American Idol 2.50 American Idol 3.50 Emmerdale 4.50 The Brit Awards 2008 6.45 Coleen's Real Women 7.45 American Princess 8.30 The Planet's Funniest Animals 8.45 Film: Peter Pan PG (2003) 10.45 Ali Murray's Happy Hour 11.50 Film: Ali G Indahouse 15 (2002) 1.30 Entourage 2.00 The Office: An American Workplace 2.30 American Princess 3.30 Emmerdale 6.00 Close

Sky One  
1.00 Film: Star Trek: First Contact 12 (1996) 3.00 When Sharks Attack 4.00 Brainiac:

Science Abuse 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Futurama 6.30 Futurama 7.00 Futurama 7.30 Futurama 8.00 The Girl Who Never Ate 9.00 Road Wars 10.00 Ross Kemp in Afghanistan 11.00 Street Wars 12.00 Road Wars 1.00 Caribbean Uncovered 1.50 Road Wars 2.40 Road Wars 3.30 Vroom Vroom 4.20 Brainiac: Science Abuse 5.10 Guilty!

UKTV Gold  
1.00 Robin Hood 2.00 Robin Hood 3.00 Robin Hood 4.00 Robin Hood 5.00 Robin Hood 6.00 Robin Hood 7.00 Robin Hood 8.00 Robin Hood 9.00 Only Fools and Horses 10.00 The Royle Family: The Queen of Sheba 11.20 The Thin Blue Line 12.00 Porridge 1.00 Porridge 1.55 My Family 2.25 Friday Night with Jonathan Ross 3.35 In Justice 4.15 Sorry! 4.45 Some Mothers Do 'Ave 'Em 5.10 Charlie's Angels

TCM  
1.00 Guns for San Sebastian PG (1968) 3.00 In Which We Serve U (1942) 5.05 The Girl and the General PG (1967) 7.00 Elvis on Tour PG (1972) 8.30 Off Set 9.00 The Color Purple 15 (1985) 11.45 Spielberg on Spielberg 1.20 The Green Slime PG (1969) 2.55 Teleshopping 3.10 King Solomon's Mines U (1950) 5.00 At the Circus U (1939)

The Disney Channel  
Kids' programmes from 7am, except: 4.00 Film: Stuck in the Suburbs PG (2004) Family comedy, starring Danielle Panabaker.

## MOVIES

## Sky Movies Drama

6.00 Sabrina U (1954) 8.00 Oscar Winners Season 8.20 Rocky PG (1976) 10.25 Walk the Line 12 (2005) 12.45 Saving Private Ryan 15 (1998) With Tom Hanks. 3.40 Sabrina U (1954) With Audrey Hepburn. 5.40 Walk the Line 12 (2005) With Joaquin Phoenix. 8.00 Philadelphia 12 (1993) With Tom Hanks. 10.10 Saving Private Ryan 15 (1998) With Tom Hanks. 1.00 The Usual Suspects 18 (1995) With Gabriel Byrne. 2.50 Philadelphia 12 (1993) With Tom Hanks. 5.00 Rocky PG (1976)

## Sky Movies Comedy

7.00 Sgt Bilko PG (1996) 8.40 Shooting Fish 12 (1997) 10.40 Holy Man PG (1998) 12.40 Hot Fuzz 15 (2007) With Simon Pegg. 2.45 Good Burger PG (1997) With Kel Mitchell. 4.25 The Waterboy 12 (1998) With Adam Sandler. 6.00 Holy Man PG (1998) With Eddie Murphy. 8.00 Hot Fuzz 15 (2007) With Simon Pegg. 10.00 The Waterboy 12 (1998) With Adam Sandler. 11.35 Stir Crazy 15 (1980) With Gene Wilder. 1.30 Shooting Fish 12 (1997) With Dan Futterman. 3.25 Boys Klub PG (2001) 5.10 Good Burger PG (1997)

## Sky Movies Action

6.25 The Hunter 15 (1980) 8.15 The Fast and the Furious: Tokyo Drift 12

(2006) 10.10 Los Locos: Posse Rides Again 15 (1997) 11.55 Catch a Fire Special 12.15 X-Men: The Last Stand 12 (2006) With Hugh Jackman. 2.00 The Hunter 15 (1980) With Steve McQueen. 3.40 Robin Hood PG (1990) With Patrick Bergin. 5.30 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 7.15 X-Men: The Last Stand 12 (2006) With Hugh Jackman. 9.00 Passenger 57 15 (1992) With Wesley Snipes. 10.30 The Specialist 15 (1994) With Sylvester Stallone. 12.25 Fire Down Below 18 (1997) With Steven Seagal. 2.15 Alien Resurrection 18 (1997) With Sigourney Weaver. 4.15 Angel Flight Down PG (1996)

(R)-repeat programme;

(T)-programme with tele-

text subtitles;

(S)-programme broad-

cast in stereo;

(bw)-black and white.

## Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special. Birmingham City v Arsenal (Kick-off 12.45pm). 3.00 Soccer Saturday 5.30 Live Super League. Harlequins v Wakefield Trinity Wildcats (Kick-off 5.30pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Sky Sports Classics 1.30 Live Big Fight Special. Wladimir Klitschko v Sultan Ibrahimov. 4.00 Snow Adventures 5.00 World Sport 5.30 Champions League Weekly

## Sky Sports 2

6.00 Live International Cricket. New Zealand v England. 10.00 Stanford Twenty20 Cricket 12.00 Snow Adventures 12.30 World Sport 1.00 International Cricket 3.00 Live World Golf Championship. The Accenture Match Play Championship. 11.00 Live Stanford Twenty20 Cricket. The second semi-final. 2.00 Sky Cricket Classic 2.30 Sky Cricket Classic 3.00 Live International Cricket. Australia v India.

## Sky Sports 3

6.00 Tight Lines 7.00 Friday Night 9.00 World Golf Championship 12.00 Live A1 Grand Prix. The South African Grand Prix qualifying session. 2.00 WWE: Bottom Line 3.00 WWE: Smackdown 5.00 WWE: Bottom Line 6.00 A1 Grand Prix 8.00 International Cricket 10.00

Extreme Championship Wrestling 11.00 NFL: Total Access 11.55 U Can Do It 12.00 Rugby Union 2.00 Rugby Union 4.00 World Sport 4.30 Football First

## British Eurosport

7.30 euroCRASH! 7.40 World Superbikes 8.30 Live World Superbikes. Round one from Doha, Qatar. 2.00 World Touring Car Championship 2.30 Nordic Combined Skiing 3.00 Live WTA Tennis. The Qatar Total Open semi-finals. 5.00 Ski Jumping 6.00 Live Alpine Skiing. The World Cup meeting from Whistler, Canada. 7.00 Biathlon 8.15 Cross-Country Skiing 9.00 Live Alpine Skiing. World Cup coverage from Whistler. 9.45 World Superbikes 11.15 MotoGP 12.00 French Rugby 1.00 Close

## Sky Sports Xtra

6.00 Wild Spirits 6.30 Live Rugby Union. The Chiefs v The Waratahs (Kick-off 6.35am). 8.30 Live Rugby Union. The Brumbies v The Highlanders (Kick-off 8.35am). 10.30 WWE: Smackdown 12.30 Wild Spirits 1.00 Live Tennis. The ABN AMRO World Tennis Tournament. 2.30 NFL: America's Game 3.00 NFL: Total Access 3.55 U Can Do It 4.00 NFL: America's Game 5.00 Max Power 6.00 World Sport 6.30 Live Tennis. The ABN AMRO World Tennis Tournament. 8.30 Champions League Weekly 9.00 Live Spanish Football. A La Liga match. 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Spanish Football 3.30 Champions League Weekly 4.00 Super League

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BBC1

6.00 Breakfast. (T) 7.45 Match of the Day. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 FILM: Father of the Bride 2 (1995). Comedy sequel, starring Steve Martin. (T) 2.40 EastEnders. (T) 4.35 Songs of Praise. (T)

5.10 BBC News; Regional News; Weather. (T)

5.35 Life in Cold Blood. David Attenborough examines how lizards colonised the planet, looking at how lace monitors lay eggs in Australia and the mating frenzy of the colourful South African flat lizards. (R) (T)

6.35 Happy Birthday Bruciel! Tess Daly hosts a celebration of the life of one of Britain's most beloved television presenters as Bruce Forsyth reaches his 80th birthday. Having entertained the public for more than 60 years as the host of Sunday Night at the London Palladium and Strictly Come Dancing, Bruce's friends and contemporaries, including Liza Minnelli and Ronnie Corbett, recall some of his finest moments. (T)

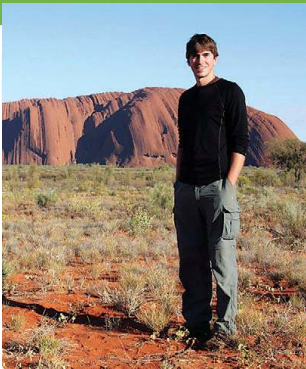
8.00 Lark Rise to Candleford. The residents of Lark Rise are shocked when the normally unassuming Sam Braby strikes his wife Susan in a fit of drunken rage, and is arrested by the authorities. Fearing for the well-being of Susan's children, Emma attempts to persuade Sam to give up his fondness for alcohol. Meanwhile, Lady Adelaide's tolerance for Sir Timothy's friendship with Dorcas reaches its limit. (T)

9.00 The Last Enemy. Despite Russell's interventions, Stephen finally locates Yasim, but is shocked when she reveals that Michael may be linked to a drug trial performed in the refugee camps. The pair enlist the aid of a biochemist to conduct an autopsy on Nadir to investigate the possibility that her death was linked to the experimental vaccine - but a surprise awaits them when they go to retrieve the body. (T)

10.00BBC News; Weather. (T)

10.20FILM: Sweet Home Alabama (2002). A fashion designer returns to her home town to persuade her husband to sign their divorce papers - but things take an unexpected turn. Romantic comedy, starring Reese Witherspoon; (T) Weatherview.

12.05 Sign Zone: Around the World in 80 Gardens. (R) (T) 1.05 Sign Zone: Holby City. (R) (T) 2.05 Sign Zone: Watchdog. (R) (T) 2.35 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.20 BB3B. (R) (T) 7.45 The Secret Show; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 8.20 Skunk Fu! (R) (T) 8.30 Raven. (R) (T) 9.00 Hider in the House. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park. (R) (T) 12.30 Fred Dibnah's World of Steam, Steel and Stone. (R) (T) 1.00 FILM: The Fall of the Roman Empire (1964). Historical drama, starring Alec Guinness. (T) 3.55 FILM: Hondo (1953). Western, starring John Wayne. (T) 5.15 FILM: Rooster Cogburn (1975). Comedy Western, starring John Wayne. (T) 7.00 Ski Sunday. World Cup highlights from Whistler. 8.00 Tropic of Capricorn. On the third leg of his journey, Simon Reeve crosses mainland Australia, visiting a ghost town contaminated by a nearby asbestos mine and a deprived Aboriginal community near Uluru. (T) 9.00 Around the World in 80 Gardens. Monty Don tours the US, meeting a group of garden guerrillas who create community areas in New York, and searches for plots that reflect the glamour of Hollywood in California. (T) 10.00 Match of the Day 2. Highlights include Blackburn Rovers v Bolton Wanderers. (T) 10.50 Dance with a Serial Killer - Storyville. (T) 12.00 Rugby Union. Highlights of Saracens v Harlequins. (T) 12.45 The Super League Show. Highlights of Bradford Bulls v St Helens. (T) 1.35 FILM: Buddy Boy (1999). Offbeat thriller, starring Aidan Gillen. (T) 3.15 Close.

Pick of the Day

Tropic of Capricorn (BBC2, 8pm)

There's a common theme in this engaging documentary series - every place presenter Simon Reeve visits has some hidden dark side he likes nothing better than shoving into the spotlight. This penultimate edition sees him in Australia, a continent we in the UK are familiar with thanks to the nation's soaps. However, life Down Under isn't all coffee shops and surfing. Reeve kicks off his journey at the beautiful Ningaloo Reef, and follows the migration route of the mighty humpback whale. While he gets the rare chance to see the animal nursing newborns, he discovers its safety is jeopardised by plans for a vast salt pan. Journeying further into Western Australia, things get no happier. The presenter explores Wittenoom Gorge, close to the Karijini National Park. It turns out that the gorge was once the site of Australia's biggest asbestos mine. Now believed to be the most contaminated place in the world thanks to the deadly substance, the authorities are shutting it down, but a few die-hard residents refuse to leave. There's more doom and gloom at Alice Springs, where Reeve discovers how badly off some Aboriginal tribes are, and arrives at a crucial moment: a powerful government taskforce has been established to retake control of indigenous communities.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.30 Barcelona World Race. 8.00 World Cup Skiing. 8.50 T4: The OC. (R) (T) 9.50 T4: Kelly Osbourne's NME Awards: Hero. (T) 10.05 T4: Hollyoaks. (T) 12.35 T4: Kate Nash's NME Awards: Best New Band. (T) 12.50 T4: Vanity Lair. (T) 2.00 T4: The Hills. (T) 2.30 T4: Sadie Frost's NME Awards: Best British Band. (T) 2.45 T4: Smallville. (T) 3.45 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.45 High Seas Plane Crash. (T) 5.45 Time Team. (T) 6.45 Channel 4 News. (T) 7.00 The Girl with Eight Limbs: A Bodyshock Special. The Indian girl born with a half-formed conjoined twin. (R) (T) 8.00 Wife Swap. Austere housewife Judith's principles are put to the test when she exchanges places with a fun-loving born-again Christian whose hobbies include excessive drinking and gambling. (T) 9.00 FILM: Collateral (2004). Premiere. A Los Angeles taxi driver endures the longest night of his life when his cab is hijacked by a hit-man with five contracts to fulfil. Stylish thriller, starring Tom Cruise. (T) 11.10 Alan Carr's Celebrity Ding Dong. (R) (T) 12.00 4Music: 4Music Presents: Goldfrapp. (T) 12.35 4Music: 4Play: The Whitest Boy Alive. (T) 12.45 4Music: The Album Chart Show. (R) (T) 1.15 Brat Camp: Mums and Daughters. (R) (T) 2.15 3 Minute Wonder: Blair's Children. (R) (T) 2.20 3 Minute Wonder: If This Bed Could Talk. (R) (T) 2.25 1983: The Brink of Apocalypse. (R) (T) 3.55 Unreported World. (R) (T) 4.20 Dispatches: How the Banks Bet Your Money. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshakel: Tickle, Patch and Friends. (T) 6.25 Angels of Jarm. (R) (T) 6.30 Ebb and Flo. (R) (T) 6.35 Pocoyo. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Hi-5. (R) (T) 7.30 The Beeps. (R) (T) 7.45 Milkshakel: Make Way for Noddy. (R) (T) 8.00 Rupert Bear. (R) (T) 8.10 Little Princess. (R) (T) 8.30 Hana's Helpline. (R) (T) 8.45 Roary the Racing Car. (R) (T) 9.00 Gerald McBoing Boing. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 FILM: Superabies: Baby Geniuses 2 (2003). Comedy sequel, starring Jon Voight. (T) 11.45 Animal Rescue Squad. (R) (T) 12.15 FILM: Hangman's Knot (1952). Western, starring Randolph Scott. (T) 1.45 Football Italiano. Live coverage of a match from Italy's Serie A. (T) 4.10 Polar Bear Adventures with Nigel Marven. (R) (T) 5.00 FILM: Beethoven's 3rd (2000). Family comedy sequel, starring Judge Reinhold. (T) 6.45 five news and sport. (T) 7.00 The Bearman. Debunking myths about animal unsociability. (R) (T) 8.00 Ice Road Truckers. A lorry goes through the ice and the emergency services spring into action. Jay transports the heaviest piece of equipment this season, and TJ is investigated. (R) (T) 9.00 FILM: Executive Decision (1996). A team of crack intelligence experts attempt to foil the plans of hijackers on an airliner. Tense action thriller, starring Kurt Russell and Steven Seagal. (T) 11.30 FILM: Conan the Destroyer (1984). Fantasy, starring Arnold Schwarzenegger. (T) 1.25 Winter X Games. 2.15 Boxing USA. 3.00 Motorsport: Arenacross. 3.45 NHRA Drag Racing. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.45 CityV: Jim Jam & Sunny. 10.00 Tricky Quikies; (R) (T) Tricky Quikies. 10.15 Championship Goals. (T) 11.15 FILM: Columbo: Caution - Murder Can Be Hazardous to Your Health (1991). Crime drama, starring Peter Falk. (T) 1.10 ITV News and Weather. (T) 1.15 London Today; Weather. (T) 1.20 Midsomer Murders. (R) (T) 3.25 Agatha Christie's Poirot. (R) (T)

5.25 Beat: Life on the Street. PC Paul Phillips investigates the theft of lead from a church roof in Oxford, and community officers Rachel Cooper and Stacey Wiggins respond to a dispute over noise and CCTV cameras. (T)

5.55 London Tonight; Weather. (T)

6.10 ITV News and Weather. (T)

6.25 Dancing on Ice. The remaining six celebrity ice dancers learn a new routine. (T)

7.30 Wild at Heart. A drought hits the region forcing Danny to turn away the locals with sick animals, making Sarah determined to restart the hospital initiative, gaining help from Amy Kriel. Caroline's sister Judith visits the family and sets her sights on Du Plessis - but with an ulterior motive. Meanwhile, Rosie has doubts when Max presents her with a diamond engagement ring. (T)

8.30 Dancing on Ice: The Skate Off. Phillip Schofield and Holly Wuloughby preside as the two couples who have gained the least support from the viewers compete to avoid being next to leave the show - with the judges deciding which couple will have skated their last. (T)

9.00 Lewis. New series of the detective drama, starring Kevin Whately and Laurence Fox. Lewis and Hathaway investigate the death of a maintenance engineer found shot in the head in the basement of the Bodleian Library. A search of the dead man's house reveals a stash of valuable volumes and a connection to the local gamblers anonymous group, with further probing exposing a scam involving two Oxford academics. Neil Pearson and Haydn Gwynne guest star. (T)

11.00ITV News and Weather; Weather. (T)

11.15Carling Cup Highlights. Matt Smith introduces action from this afternoon's final between Chelsea and Tottenham Hotspur at Wembley Stadium. With commentary by Peter Drury. (T)

12.15 Faith and Music; (R) (T) ITV News Headlines. 12.50 The Bank Job: World Premiere Special. (T) 1.15 Dial a Mum. (R) (T) 1.50 Chef v Britain. (R) (T) 2.15 Chef v Britain. (R) (T) 2.40 People's Court. (R) (T) 3.35 ITV Nightvision.

LOCAL

**RTP1**  
0630 Brinca Comigo 0800 OS Animais mais Mortíferos do Mundo 0900 Eucarista Dominicana 1000 Eucarista Dominicana 1100 Equipados Para Matar 1200 AB Ciência 1230 Mr Bean 1300 News 1415 Só Visto 1530 Traveller 1745 Operação Triunfo 1600 Two if by the Sea, film 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Conta-me Como Foi 2300 Depois do Adeus 0045 Mighty Aphrodite, film 0400 Teleales 0605 Nôs

**RTP2**  
0700 Euronews 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nôs 1045 Da Terra ao Mar 1115 Consigo 1200 Vida Por Vida 1230 National Geographic 1330 Entre Pratos 1400 Reclame 1445 A Voz do Cidadão 1600 Sport 2 1900 Couto & coutadas 1930 A Alma e a Gente 2000 Bombordo 2030 The Simpsons 2100 A História da Índia 2200 News 2240 Camara Clara 2350 Brlcom 0050 Onda Curta 0150 A Alma e a Gente

**SIC**  
0700 Floribella 0930 Os Bandidos 1115 Missa 1230 Oltavo Dia 1300 News 1400 Entre Vidas 1600 Cow Belles, film 1800 The 13th Warrior, film 2000 News 2200 Noivas de Maio 0000 Film TBA 0230 Toca A Ganhar 0400 Os Escolhidos 0500 Teleales

**TVI**  
0645 Children's TV 0900 Morangos Com Açúcar 1100 Missa Braga 1230 Oltavo Dia 1300 News 1410 Top+1530 Ciclismo: Tour of Frande 1630 Film TBA 1845 O Prepo Certo 2000 News 2130 Morangos Com Açúcar 2230 Ilha dos Amores 2330 Doce Fugitiva 0130 Film TBA 0215 Toca a Ganhar 0330 Birth, film TBA 0500 Teleales

Best of the Rest

**BBC3**  
7.00 Freaky Eaters 8.00 Find me the Face 9.00 Two Pints of Lager and a Packet of Crisps 9.30 Little Britain 10.00 Being Human 11.00 Family Guy 11.25 Family Guy 11.45 Marc Wootton Exposed 12.15 Two Pints of Lager and a Packet of Crisps 12.45 Find Me the Face 1.45 Being Human 2.40 Freaky Eaters 3.35 Marc Wootton Exposed 4.05 Close

**BBC4**  
7.00 Doctors to Be: Twenty Years On 7.30 Going for a Song 8.00 Howards' Way 8.50 The Cult of Sunday Night 9.20 The Great British Sunday 10.20 The Story of Light Entertainment 11.50 The Late Edition 12.20 The Cult of Sunday Night 12.50 Jonathan Meades: Magnetic North 1.50 Doctors to Be: Twenty Years On 2.20 The Cult of Sunday Night 2.50 Jonathan Meades: Magnetic North 3.50 Close

**ITV2**  
1.25 Coronation Street 3.50 American Idol 5.40 American Idol 7.30 American Idol 8.30 Hey Paul! 9.00 Supernatural 10.00 Film: Die Hard 18 (1988) 12.30 Supernatural 1.30 Dancing on Ice: The Skate Off 1.50 Teleshopping 4.50 ITV2 Nightscreen 6.00 Close

**Sky One**  
1.00 Stargate Atlantis 2.00 The Dog Whisperer 3.00 Law & Order 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 The Simpsons 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Lost 10.00 Weeds 10.35 Weeds 11.10

The Oscars Red Carpet Live 1.00 Nothing but the Truth 1.55 Caribbean Uncovered 2.50 The Dog Whisperer 3.40 Crash Test Dummies 4.35 America's Dumbest Criminals 5.00 Bite Size Brainiac 5.10 Guilty!

**UKTV Gold**  
1.00 Robin Hood 2.00 Robin Hood 3.00 Robin Hood 4.00 Robin Hood 5.00 Robin Hood 6.00 Robin Hood 7.00 Robin Hood 8.00 Robin Hood 9.00 Dalziel & Pascoe 11.20 Film: Shanghai Noon 12 (2000) 1.25 Men Behaving Badly 2.05 Friday Night with Jonathan Ross 3.00 Men Behaving Badly 3.30 Little Britain 4.00 Dallas 4.45 Charlie's Angels 5.35 Neighbours

**TCM**  
1.00 Private Lives PG (1931) 3.00 The Red Shoes U (1948) 5.15 Signpost to Murder PG (1965) 6.40 The Roaring Twenties U (1939) 8.30 The Biggest Awards Night of the Year 9.00 Sophie's Choice 15 (1982) 11.40 The Formula 12 (1980) 1.35 Teleshopping 1.50 Seven Faces of Dr Lao PG (1964) 3.30 Kill or Cure U (1962) 5.00 Father of the Bride U (1950)

**The Disney Channel**  
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.05 Breakfast at Tiffany's PG (1961) 9.05 Little Miss Sunshine 15 (2006) 11.05 Oscar Nominations Special 11.35 The English Patient 15 (1996) With Ralph Fiennes. 2.25 Oscar Nominations Special 2.55 The Last King of Scotland 15 (2006) With Forest Whitaker. 5.10 The English Patient 15 (1996) With Ralph Fiennes. 8.00 The Last King of Scotland 15 (2006) With Forest Whitaker. 10.05 The Departed 18 (2006) With Jack Nicholson. 12.40 Little Miss Sunshine 15 (2006) With Toni Collette. 2.25 The Departed 18 (2006) With Jack Nicholson. 5.00 Breakfast at Tiffany's PG (1961)

Sky Movies Comedy

6.50 Premiere Close Up 7.20 Fat Albert U (2004) 9.00 John Tucker Must Die 12 (2006) 10.40 Cheaper By the Dozen 2 PG (2005) 12.30 The Wedding Singer 12 (1998) With Adam Sandler. 2.10 The Top 10 Show 2.30 You, Me and Dupree 12 (2006) With Owen Wilson. 4.30 Police Academy 6: City Under Siege PG (1989) With Bubba

Smith. 6.00 Cheaper By the Dozen 2 PG (2005) With Steve Martin. 8.00 You, Me and Dupree 12 (2006) With Owen Wilson. 10.00 John Tucker Must Die 12 (2006) With Jesse Metcalfe. 11.35 The Wedding Singer 12 (1998) With Adam Sandler. 1.15 The Butcher's Wife 15 (1991) With Demi Moore. 3.05 I'm Gonna Git You Sucka 15 (1988) 4.40 Fat Albert U (2004)

Sky Movies Action

6.00 The Librarian: Quest for the Spear 12 (2004) 7.40 Last Action Hero PG (1993) 9.55 Aeon Flux 15 (2005) 11.35 Rush Hour 12 (1998) With Jackie Chan. 1.20 The Librarian: Quest for the Spear 12 (2004) With Noah Wyle. 3.00 The Game 15 (1997) With Michael Douglas. 5.10 Last Action Hero PG (1993) With Arnold Schwarzenegger. 7.25 Aeon Flux 15 (2005) With Charlize Theron. 9.00 Rush Hour 12 (1998) With Jackie Chan. 10.45 Edison 15 (2005) With Morgan Freeman. 12.25 The Game 15 (1997) With Michael Douglas. 2.35 Running Scared 18 (2006) With Paul Walker. 4.40 The Librarian: Quest for the Spear 12 (2004)

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Champions League Weekly 7.00 Live A-League Grand Final. Central Coast Mariners v Newcastle Jets or Queensland Roar (Kick-off 7.00am). 9.30 The Sunday Supplement 10.30 Goals on Sunday 12.00 Live Super Sunday. Reading v Aston Villa (Kick-off 12.30pm). 2.30 Live Carling Cup Final. Chelsea v Tottenham Hotspur (Kick-off 3.00pm). 5.30 A-League Grand Final. 6.00 Live Rugby Union. Saracens v Harlequins (Kick-off 6.05pm). 8.00 Live Spanish Football. A La Liga match. 10.00 Carling Cup Final 11.00 Live Stanford Twenty20 Cricket. The final at the Stanford Cricket Ground in Coolidge, Antigua. 2.00 Close

Sky Sports 2

6.00 Live International Cricket. Australia v India. 11.30 Seamaster Sailing 12.00 Live A1 Grand Prix. The South African Grand Prix. 2.30 Wild Spirits 3.00 Live World Golf Championship. The Accenture Match Play Championship final. 11.00 Football Special 12.30 Spanish Football 2.30 Carling Cup Final 3.30 A-League Grand Final 4.00 Close

Sky Sports 3

6.00 Football First 7.30 Football First 9.00 Big Fight Special 11.00 Racing News 11.30 Wild Spirits 12.00 WWE: Afterburn 1.00 Big Fight Special 3.00 International

Cricket 5.00 WWE: Experience 6.00 A1 Grand Prix 8.00 Big Fight Special 10.00 WWE: Late Night - Afterburn 11.00 WWE: Heat 12.00 Tennis 2.00 Rugby Union 4.00 Close

British Eurosport

7.30 MotoGP 8.00 World Superbikes 9.00 Live Biathlon. The women's relay at the European Championships. 10.45 Nordic Combined Skiing 11.15 Live Biathlon. The men's relay at the European Championships. 1.00 Live Cross-Country Skiing. The World Cup meeting in Falun. 3.00 Nordic Combined Skiing 3.15 Live WTA Tennis. The Qatar Total Open final. 5.00 Ski Jumping 6.15 Winterpark Weekend 6.45 Live Alpine Skiing. The World Cup meeting from Whistler, Canada. 8.15 World Superbikes 9.45 Live Alpine Skiing. The World Cup meeting in Whistler, Canada. 10.30 Ski Jumping 11.15 Biathlon 12.00 French Rugby 12.30 Close

Sky Sports Xtra

6.00 Watersports 7.00 A1 Grand Prix 9.00 World Golf Championship 12.00 Max Power 1.00 Live Tennis. The ABN AMRO World Tennis Tournament final. 3.00 Seamaster Sailing 3.30 Snow Adventures 4.00 WWE: Heat 5.00 Stanford Twenty20 Cricket 7.00 International Cricket 9.00 Live NASCAR. The Auto Club 500. 1.00 A1 Grand Prix 3.00 Max Power 4.00 Seamaster Sailing 4.30 Close

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

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## BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 Take a Bow. (R) (T) 3.30 CBBC: 3.30 Raven. (R) (T) Thumb Wrestling Federation. TWF. (R) (T) 4.05 The Revenge Files of Alistair Fury. (R) (T) 4.35 MI High. (R) (T) 5.00 Newsround. (T)

- 5.15 Weakest Link. General knowledge quiz, with Anne Robinson. (T)
- 6.00 BBC News; Weather. (T)
- 6.30 Regional News Programmes; Weather. (T)
- 7.00 The ONE Show. (T)
- 7.30 Watchdog. Investigation show, fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury. (T) BBC News; Regional News. (T)
- 8.00 EastEnders. Ian is feeling his age so Christian convinces him to get fit. Mo keeps up the pressure on a reluctant Charlie to stick to his diet, and Jean encourages him to choose a date from the lonely hearts ad replies. Steven places his trust in a homeless young girl, and Tanya struggles to cope on her own. (T)
- 8.30 Panorama. John Sweeney asks how rules preventing the abuse and torture of prisoners in Iraq were overturned, interviewing former Attorney General Lord Goldsmith and General Sir Mike Jackson. He also investigates new claims that threaten to bring disgrace to the British Army. (T)
- 9.00 Life in Cold Blood. David Attenborough explores the secrets of snakes, showing how their simplistic shape secured their survival. Infra-red cameras reveal the strategy used by a rattlesnake to set up an ambush and X-ray image reveals the amazing technique of an egg-eating snake whose quarry is many times larger than its own head. Followed by Under The Skin - Rattlesnake Stakeout. (T)
- 10.00 BBC News at Ten O'Clock. (T)
- 10.25 Regional News; Weather. (T)
- 10.35 Damages. Patty tries to contain the damage caused by the sudden disappearance of star witness Gregory, while Ellen's attentions are diverted by her father's pending troubles with the law. A trap is set for an informant who has been promised money for undermining the case. Legal drama, starring Glenn Close and Rose Byrne. (T)
- 11.15 Inside Sport. (T)
- 11.55 FILM: White Man's Burden (1995). Drama, starring John Travolta; (T) Weatherview.
- 1.25 Sign Zone: Mr & Mrs bin Laden. (R) (T) 2.10 Sign Zone: Olympic Dreams. (R) (T) 2.55 Sign Zone: Wanted Down Under Revisited. (R) (T) 3.40 BBC News 24. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround. (T) The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Charlie and Lola. (R) (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 Schools: Around Scotland. (T) 10.50 BBC Primary History. (T) 11.10 Razzledazzle. (T) 11.30 Watch. (T) 11.45 Hands Up! (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: KS2 Science Clips. (T) 1.10 KS2 Science Clips. (T) 1.20 BBC Primary Geography. (T) 1.30 Sun, Sea and Bargain Spotting. (R) (T) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Escape to the Country. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Britain's Dream Homes. (T) 6.00 Eggheads. (T) 6.30 Brainbox. (T) 7.00 The Twenties in Colour: The Wonderful World of Albert Kahn. Images of Cambodia and Vietnam. (T) 7.30 Mastermind. Subjects include the life and career of Bobby Charlton. (T) 8.00 University Challenge. Magdalen College, Oxford take on the University of Sheffield. (T) 8.30 MasterChef. The remaining contestants cater for the cast of TV's Waterloo Road. (T) 9.00 Transsexual in Iran. Gender realignment surgery in the Muslim country. (T) 10.00 Pulling. Louise becomes addicted to online pornography. (T) 10.30 Newsnight; Weather. (T) 11.20 The Satellite Story: BBC Four on BBC Two. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

## Pick of the Day

## Brainbox (BBC2, 6.30pm)

Many scientists believe that putting your brain through daily exercises improves memory and communication. So there's no excuse for having nothing to say to your other half when you get home from work. The BBC has taken these findings to heart and come up with this cracking idea. Brainbox was developed to ensure that viewers get the mental workout they need. The show comprises a collection of cleverly formatted games designed to flex viewers' neurons and sharpen their cognitive skills. These games have been developed with psychologists and are structured around three distinct areas - sequencing, language and memory. Contestants play for money and one wrong answer means they could be knocked out at any point and walk away with nothing. They have to decide to enter a round before they know if it is a game that plays to their strengths. A range of complementary interactive services has also been developed to allow the BBC to bring these benefits to as wide a section of its audience as possible. With know-it-all Clive Anderson as host, it's guaranteed to be popular with anybody wanting to exercise their little grey cells.

## C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shut Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Britain's Deadliest Addictions. (R) (T) Burning Questions. (R) (T) 10.00 Power to the People. (R) (T) 3 Minute Wonder. (R) (T) 10.30 The KNTV Show. (R) (T) 3 Minute Wonder. (R) (T) 11.00 The Farm Revealed. (R) (T) 3 Minute Wonder. (R) (T) 11.30 KNTV - Philosophy. (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Greece. (R) (T) 1.00 A Place in Greece. (R) (T) 1.30 FILM: Fort Massacre (1958). Western, starring Joel McCrea. (T) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollywood. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder. Zimbabwe on Thames. New series following Zimbabweans exiled in the UK. (T) 8.00 Dispatches: Checking-in to Airport Chaos. The efficacy of security measures at Britain's airports. (T) 9.00 The Real Knights of the Round Table: A Time Team Special. The enigmatic Round Table building buried beneath the lawn at Windsor. (T) 10.00 Without a Trace. Samantha searches for her missing sister. (T) 11.00 Without a Trace. (T) 12.00 4Music: Kimberly Stewart's NME Awards: Sexiest Man/Woman. (R) (T) 12.15 4Music: Kelly Osbourne's NME Awards: Hero. (R) (T) 12.30 Sex Change Hospital. (R) (T) 1.30 World Cup Skiing. 3.30 Adrenalin Rush. (R) 4.00 Channel 4 Education. (T)

## FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.25 Funky Town. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Roobarb and Custard Too. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbots. (R) (T) 8.20 Big School. (R) (T) 8.30 Peppa Pig. (R) (T) 8.35 Thomas & Friends. (R) (T) 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Build a New Life in the Country. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (T) 3.00 FILM: Try to Remember (2004). Drama, starring Gabrielle Anwar. (T) 5.00 five news with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 How Do They Do It? The technology behind the Thames Barrier. (T) 7.30 five news update. (T) 8.00 Fifth Gear. Jason Flato gives his verdict on the Nissan GT-R, Tiff Needell tests the Audi RS6 Avant, and Vicki Butler-Henderson pits the BMW Mini One against the Fiat 500. (T) 8.00 five news at 9.00 FILM: I Spy (2002). A hapless secret agent has to go undercover as assistant to an egotistical boxing champion in an attempt to catch a super-villain. Espionage comedy, starring Eddie Murphy. (T) 11.00 FILM: Boomerang (1992). Romantic comedy, starring Eddie Murphy. (T) 1.10 NASCAR. 2.00 US PGA Golf. 2.50 Sunshine Golf Tour. 3.40 NBA 360. 4.20 French Football - Le Championnat. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

## LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 Jornal da Tarde 1515 Prova de Amor 1515 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Notas Soltas 2130 Sabe Mais do Que um Miúdo de 10 Anos? 2230 Prós e Contras 0130 Air Rage, film 0400 Telesales 0605 Nós

**RTP2**  
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1905 Eurodeputados 1945 Zig Zag 2045 Friends 2115 National Geographic 2150 A Hora da Sorte 2200 News 2240 Seis Graus 2330 Bastidores 0030 Noite de 0115 Universidade 0145 Discovery Hour 0245 Diga Lá - Excelência 0345 Eurodeputados 0415 Sociedade Civil 0545 Euronews

**SIC**  
0700 Floribella 0830 Sic Kids 0915 Floribella 1000 Fátima 1300 News 1415 Desejo Proibido 0115 Eterna Magia 1545 Contacto 1800 Sete Pecados 1900 A Ganhar é que a Gente se Entende 2000 News 2130 Os Malucos do Riso 2215 Duas Caras 2330 Resistir! 0030 CSI Miami 0130 Rescure Me 0330 Quando o Telefone Toca

**TVI**  
0700 Diário da Manhã 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açúcar 2000 News 2200 Fascínios 2300 Deixa-me 0200 Toca a Ganhar 0345 Midnight Flight, film 0530 Telesales

## Best of the Rest

**BBC3**  
7.00 Dragons' Den 8.00 The Real Hustle 8.30 The Real Hustle Las Vegas 9.00 Dis/Connected 10.00 EastEnders 10.30 Dawn Goes Lesbian 11.25 Family Guy 11.50 Family Guy 12.15 Dis/Connected 1.10 The Real Hustle Las Vegas 1.40 Dawn Goes Lesbian 2.40 The Real Hustle 3.10 Find Me the Face 4.10 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.30 Dave Cameron's Incredible Journey 8.30 The Cult of Sunday Night 9.00 Portillo on Thatcher: The Lady's Not For Spurning 10.30 The Worst Job in British Politics? The Leader of the Opposition 11.30 The Cult of Sunday Night 12.00 Are We Having Fun Yet? 1.00 Are We Having Fun Yet? 2.00 Are We Having Fun Yet? 3.00 Portillo on Thatcher: The Lady's Not For Spurning 4.30 Close

**ITV2**  
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montell Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Harry Hill's TV Bump 8.30 Superstar Weddings: Gone Bad 9.00 Film: Die Hard 18 (1988) 11.35 Coronation Street 12.05 Coronation Street 12.35 Film: Die Hard 2 18 (1990) 2.45 Teleshopping 5.45 ITV2 Nightscreen 6.00 Close

**Sky One**  
1.00 Cold Case 2.00 Las Vegas 3.00 Stargate SG-1

4.00 Stargate SG-1 5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Oscars 2008: The Highlights 10.00 Prison Break 11.00 Road Wars 12.00 Road Wars 1.00 Street Wars 1.50 Caribbean Uncovered 2.40 The Villa 3.30 Mile High 4.20 Dream Team 5.10 Guilty!

**UKTV Gold**  
1.00 The Two Ronnies Sketchbook 1.40 Keeping Up Appearances 2.20 dinnerladies 3.00 My Family 3.40 The Two Ronnies Sketchbook 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 dinnerladies 6.20 My Family 7.00 New Tricks 8.00 New Tricks 9.00 Film: Shanghai Noon 12 (2000) 11.00 My Family 11.40 One Foot in the Grave 12.20 The Royle Family 1.00 I'm Alan Partridge 1.40 In Justice 2.25 As Time Goes By 2.55 The Bill 3.45 Casuality 4.40 Holby City 5.35 Neighbours

**TCM**  
1.00 The Big Sleep PG (1946) 3.00 The Great Caruso U (1951) 5.10 Meet Me in St Louis U (1944) 7.10 The Maltese Falcon PG (1941) 9.00 Point Blank 18 (1967) 10.35 The Last Run 15 (1971) 12.20 Cool Breeze 15 (1972) 2.20 Teleshopping 2.35 Home from the Hill PG (1960) 5.00 The Liquidator PG (1965)

**The Disney Channel**  
Kids' programmes from 7am, except:

## MOVIES

## Sky Movies Drama

6.55 Sabrina U (1954) 8.50 Shane PG (1953) 10.50 Paper Moon PG (1973) 12.50 Terms of Endearment 15 (1983) With Shirley MacLaine. 3.10 Syriana 15 (2005) With George Clooney. 5.30 80th Annual Academy Awards 10.00 Terms of Endearment 15 (1983) With Shirley MacLaine. 12.20 The Untouchables 15 (1987) With Kevin Costner. 2.35 Paper Moon PG (1973) With Ryan O'Neal. 4.25 Drama Close Up 4.55 Sabrina U (1954)

## Sky Movies Comedy

6.20 The Adventure of Sherlock Holmes' Smarter Brother PG (1975) 8.00 He Said, She Said 12 (1991) 10.00 Pretty in Pink 15 (1986) 11.40 The Top 10 Show 12.20 Just Like Heaven PG (2005) With Reese Witherspoon. 1.40 Scary Movie 4 15 (2006) With Anna Faris. 3.10 Mannequin PG (1987) With Andrew McCarthy. 4.45 In & Out 12 (1997) With Kevin Kline. 6.20 Just Like Heaven PG (2005) With Reese Witherspoon. 8.00 Scary Movie 4 15 (2006) With Anna Faris. 9.30 Beers! 18 (2006) With Erik Stolhanske. 11.30 Pretty in Pink 15 (1986) With Molly Ringwald. 1.10 He Said, She Said 12 (1991) With Kevin Bacon. 3.10 In & Out 12 (1997) 4.45 Mannequin PG (1987)

## Sky Movies Action

6.20 Freedomland 15 (2006) 8.15 Walker, Texas Ranger: Trial by Fire (2005) 9.50 Munich 15 (2005) 12.35 Mission: Impossible III 12 (2006) With Tom Cruise. 2.45 Freedomland 15 (2006) With Samuel L Jackson. 4.40 Walker, Texas Ranger: Trial by Fire (2005) With Chuck Norris. 6.15 Munich 15 (2005) With Eric Bana. 9.00 Mission: Impossible III 12 (2006) With Tom Cruise. 11.10 Lucky Number Slevin 18 (2006) With Josh Hartnett. 1.05 The Substitute 2: School's Out 18 (1998) With Treat Williams. 2.40 True Romance 18 (1993) With Christian Slater. 4.45 Volcano: Fire on the Mountain PG (1997)

(R) - repeat programme;

(T) - programme with tele-

text subtitles;

(S) - programme broadcast

ing stereo;

(bw) - black and white.

## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Special 10.30 Carling Cup Final 11.30 Spanish Football 1.30 A-League Grand Final 2.00 Football Special 3.30 Carling Cup Final 4.30 Champions League Weekly 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Monday Night Live. Milton Keynes Donny vs Swansea City (Kick-off 7.45pm). 10.00 Champions League Weekly 10.30 Sky Sports Classics 10.45 Live International Cricket. India v Sri Lanka.

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 Snow Adventures 7.00 WWE: Bottom Line 8.00 Stanford Twenty20 Cricket 11.00 Snow Adventures 11.30 World Golf Championship 2.30 Stanford Twenty20 Cricket 5.30 Snow Adventures 6.00 Test Cricket 7.00 Stanford Twenty20 Cricket 10.00 You're on Sky Sports! 11.00 Big League Weekend 12.30 Soccer AM: The Best Bits 1.30 Monday Night Football 3.00 You're on Sky Sports! 4.00 Close

## Sky Sports 3

6.30 A1 Grand Prix 8.30 Seamaster Sailing 9.00 Rugby Union 11.00 Racing News 11.30 Aerobics Oz Style 12.00 International Cricket 2.00 Snow Adventures 2.30 Seamaster

Sailing 3.00 A1 Grand Prix 5.00 WWE: Raw 7.00 World Golf Championship 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Heat 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

## British Eurosport

7.30 Yoz Magazine 8.00 Biathlon 9.00 Ski Jumping 10.00 Live WTA Tennis. The Dubai Tennis Championships. 1.30 ATP Tennis 3.00 Live WTA Tennis. The Dubai Tennis Championships. 5.00 WTA Tennis 6.00 Ski Jumping 7.00 Eurogals 7.45 World Superbikes 9.45 World Rally Championship 10.15 euroCRASH! 10.30 MotoGP 11.15 Eurogals 12.00 Winterpark Weekend 12.30 Close

## Sky Sports Xtra

10.00 NASCAR 2.00 Rugby Union 4.00 Tennis 6.00 Thinking Tackle 7.00 World Motor Sport 9.30 Wild Spirits 10.00 Test Cricket 11.00 Snow Adventures 11.30 Wild Spirits 12.00 Bass Fishing 1.00 Thinking Tackle 2.00 Snow Adventures 2.30 Wild Spirits 3.00 Close

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## BBC1

6.00 Breakfast. (T) 9.15 Animal 24-7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 Take a Bow. (R) (T) 3.30 CBBC: Raven. (R) (T) 3.55 Krypto the Superdog. (R) (T) 4.10 Best of Friends. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (T)

6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 The ONE Show. (T)  
7.30 EastEnders. Ian deliberately scuppers a romantic evening with Jane, leaving him free to see Clare. Charlie's sweet tooth lands him in trouble with Yolande, and Tanya accepts

Sean's offer of support as she plots her next move with Max. Steven upsets Stacey when he interrupts her socialising with a group of guys; (T) BBC News; Regional News. (T)  
8.00 Holby City. Jack is frustrated by her lack of career progress and tries to impress Philip Lawlor with her skills as a surgeon. When Faye leaves work to attend her husband Donald's exhumation, it presents the surgeon with another opportunity to gain popularity. Maddy believes Linden is letting his religious views interfere with work. With guest star Jenny Elclair. (T)

9.00 Hotel Babylon. The team have just a day to recover from a terrible restaurant review with a Valentine's Day relaunch using a celebrity chef. Charlie struggles to contain his jealousy over Anna's interest in the rich, upper-class hotel guest Gies, and an excited Gino is convinced that a porn film is being shot in one of the rooms, but Tony worries about the business's reputation. (T)

10.00 BBC News at Ten O'Clock. (T)  
10.25 Regional News; Weather. (T)  
10.35 Imagine. (T)

11.30 Film 2008 with Jonathan Ross. Reviews of thrillers Untraceable, starring Diane Lane, and The Bank Job, a British movie with Jason Statham, Saffron Burrows and Stephen Campbell Moore, written by Dick Clement and Ian La Frenais, as well as Nicole Kidman comedy Margot at the Wedding. Plus, the art of writing movie tag lines. (T)

12.00 FILM: Mørvern Callar (2001). Offbeat psychological drama, starring Samantha Morton; (T) Weatherview. 1.40 Sign Zone: See Hear. (R) (T) 2.10 Sign Zone: Ben's Zoo. (R) (T) 3.10 Sign Zone: Olympic Dreams. (R) (T) 3.55 Sign Zone: Wanted Down Under Revisited. (R) (T) 4.40 BBC News 24. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (R) (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Charlie and Lola. (R) (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (T) 9.45 Something Special. (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 Schools: Words and Pictures. (T) 10.40 Words and Pictures. (T) 10.50 BBC Primary Geography. (T) 11.10 Timewatch: Hadrian's Wall. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: The Maths Channel. (T) 1.10 The Maths Channel. (T) 1.20 Primary Geography. (T) 1.30 Sun, Sea and Bargain Spotting. (R) (T) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Escape to the Country. (R) (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Britain's Dream Homes. (T) 6.00 Edgheads. (T) 6.30 Brainbox. (T) 7.00 Dignados and Justice - This World. The trial of former Liberian leader Charles Taylor. (T) 7.30 Walkwright Walks. The heart of the Lake District. (T) 8.00 An Island Parish. The world's smallest radio station officially launches. (T) 8.30 MasterChef. The finalists cook in the Belizean jungle. (T) 9.00 Horizon. Investigating the benefits of so-called superfoods. (T) 9.50 Coast. The Great Orme in North Wales. (T) 10.00 Mock the Week Again. Another chance to see a previous edition of the comedy show. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Whatever Happened to Radio 2? BBC Four on BBC Two (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

## Pick of the Day

## Ladette to Lady (ITV1 Granada, 9pm)

The idea of taking a foul-mouthed beer-guzzling woman and turning her into a refined lady may have had great romantic charm in My Fair Lady, but Eliza Doolittle was a delicate and refined flower compared to these Big Mac-chomping ladettes. And yet, their transformation into young ladies who don't choose jewellery on the basis of how big a mark it leaves on their love rival's forehead has still made for great TV. The final sees emotions running high as each girl battles to be named this year's winner. There are grueling assessments, beautiful ball gowns, tears and tantrums and, at the end of it all, a lavish graduation ceremony with some very special guests. As their final week begins, the girls come down to breakfast to find their most important invitation of all: to their own graduation. Their performance in and out of class this week will be closely monitored with everything counting towards the final assessment. All three girls are feeling the pressure with Holly giving in to a foul-mouthed outburst during a difficult dance class. In Principle Harbord's flower arranging assessment a fight breaks out between the three finalists when Holly's frustration with her performance leads Louise, who has gained the most points for the exercise, to quip: "I'm quite happy, for myself, no one else is happy for me though."

## C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Britain's Deadliest Additions; (R) (T) Burning Questions. (R) (T) 10.00 Power to the People; (R) (T) 3 Minute Wonder. (R) (T) 10.30 The KNTV Show; (R) (T) 3 Minute Wonder. (R) (T) 11.00 The Farm Revealed; (R) (T) 3 Minute Wonder. (R) (T) 11.30 KNTV - Philosophy; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Greece. (R) (T) 1.00 Small Railway Journeys. (R) (T) 1.10 FILM: Seven Days to Noon (1950). Tense thriller, starring Barry Jones. (T) (bw) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Zimbabwe-on-Thames. An exiled Zimbabwean on food shortages back home. (T) 8.00 Supersize vs Superskinny. Two women want to change shape before getting married. (T) 9.00 The Woman Who Stops Traffic. New series. One woman's attempts to end congestion. (T) 10.00 Shameless. Monica gets a visit from her estranged mother, who is suffering from Alzheimer's disease, but knows she has something important to impart. Meanwhile, Shane and Mickey plan a party. (T) 11.05 Eunos. (R) (T) 12.05 Late Night Poker. 1.10 Barcelona World Race. (R) 1.35 World Cup Skiing. 3.35 KOTV. (T) 4.00 Channel 4 Education. (R) (T)

## FIVE

6.00 Milkshake! Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.25 Funky Town. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Roobarb and Custard Too. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Big School. (R) (T) 8.30 Peppa Pig. (R) (T) 8.35 Thomas & Friends. (R) (T) 8.45 Angels of Jarm. (R) (T) 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.00 Build a New Life in the Country. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (T) 3.00 FILM: Perry Mason: The Case of the Heartbroken Bride (1992). Mystery, starring Raymond Burr. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Animal Rescue Squad. A pride saved from hunters; (T) 7.30 five news update. 8.00 Bermuda Triangle: The True Story. Exploring the mysterious area of the Atlantic Ocean; (R) (T) 8.00 five news at 9.00 CSI: Crime Scene Investigation. Hodges tests his colleagues with fictional murder cases. (T) 10.00 CSI: Miami. Natalia is horrified when her sister is kidnapped, but a collection of photographs discovered at the crime scene could hold the key to breaking the case; (R) (T) five news update. (T) 11.00 Law & Order: Criminal Intent. (T) 12.00 FBI Files. (R) (T) 1.00 NBA Basketball. 3.40 Motorsport Mundial. 4.05 Race and Rally UK. 4.30 Football Italiano. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan Titchmarsh Show. (T) 3.30 The Royal Today. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find the jackpot hidden inside one of a set of Golden Balls. The two surviving players face the choice of splitting the cash prize or trying to steal it all. (T)

6.00 London Tonight; Weather. (T)  
6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale: Secrets and Lies. Katie searches Home Farm for the cardigan to clear Gray's name, but when she is caught in the act it leads to a dramatic confrontation - with potentially fatal results. Matthew hears of Percy's plot and decides to end their relationship, and Laurel, struggling to bridge the gap between herself and Ashley, finds a willing listener in Greg. (T)

8.00 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to have a go at answering questions that could change their lives - with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T)

9.00 Ladette to Lady. The day of the graduation ball arrives, but before the three finalists meet members of the aristocracy they must successfully complete a flower-arranging assessment, a baking task and ride in an equestrian event side-saddle. The teachers make their final judgement as each girl dances a waltz and negotiates the staircase with meticulous precision. Last in series. (T)

10.00 News at Ten and Weather; Weather. (T)

10.35 Harry Hill's TV Burp. The quirky comic takes a characteristically surreal look at the week's small-screen highlights, subjecting the latest soap sagas, reality shows and documentaries to his unique brand of scrutiny. (R) (T)

11.05 Soundtrack to My Life. Katie Melua talks about her life. (T)

11.35 Police, Camera, Action! Investigating the consequences of illegal car modifications, including fat exhausts, tinted windows and non-standard number plates. Plus, a look at the car rallies that cause mayhem across the UK. Alastair Stewart and Adrian Simpson present. (R) (T)

12.05 Nightwatch with Steve Scott: Crime; (T) ITV News Headlines. 1.55 Loose Women. (R) (T) 2.45 The Jeremy Kyle Show. (R) (T) 3.35 ITV Nightscreen.

## LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 News  
1415 Prova de Amor 1515  
Portugal No Coração 1800  
Portugal em Directo 1905  
News 2100 Sabe Mais Do  
Que um Miúdo de 10 Anos?  
0230 Nailed, film 0400  
Teleales 0605 Nôs

**RTP2**  
0700 Euronews 0715 Zig Zag  
1300 Discovery Hour 1400  
Sociedade Civil 1530 Da  
Terra Ao Mar 1600 National  
Geographic 1700 Zig Zag  
1830 A Fé Dos Homens 1900  
2010 1945 Zig Zag 2045  
Freinds 2110 National  
geographic 2200 News 2200  
Greys Anatomy 2330  
Sempre em Pé 0040 Noites  
da 2 0115 Universidades  
0145 Hora Discovery 0245  
camara Claa 0355 2010  
0535 Sociedade Civil 0605  
Euronews

**SIC**  
0700 Floribella 0830 Sic Kids  
1100 Fatima 1300 News  
1415 Desejo Proibido 1415  
Eterna Magia 1515  
COntrato 1800 Sete  
Pecados 1900 A Ganhar é  
Que Agente Se Entende  
2000 News 2130 Os Malucos  
do Riso 2215 Das Caras  
2330 Resitireli 0030 Entre  
Vidas 0130 Rescue Me 0230  
Quando o Telefone Toca

**TVI**  
0700 Diário Da Manhã 1000  
Você na TV 1300 News 1400  
As Tardes da Júlia 1700  
Quem Quer Ganha 1800  
Morangos com Açúcar 2130  
News 2215 Doce Fugitiva  
0345 The Cavemans  
Valentine, film

## Best of the Rest

**BBC3**  
7.00 Dog Borstal 8.00 Find  
Me the Face 9.00 The Real  
Hustle Las Vegas 9.30  
Bizarre ER 10.00  
EastEnders 10.30 Lily Allen  
and Friends 11.15 Family  
Guy 11.40 Family Guy 12.00  
Two Pints of Lager and a  
Packet of Crisps 12.30 The  
Real Hustle Las Vegas 1.00  
Bizarre ER 1.30 Lily Allen  
and Friends 2.15 Find Me  
the Face 3.10 Dog Borstal  
4.10 Close

**BBC4**  
7.00 World News Today 7.00  
Weather 7.30 Pop Go the  
Sixties 7.35 Batman 8.00  
Around the World in 80  
Treasures 9.00 Tito's Ghost:  
Storyville 10.00 Goodness  
Gracious Me 10.30 The Hard  
Sell 11.00 The Armstrong  
& Miller Show 11.30 Portillo on  
Thatcher: The Lady's Not  
For Spurning 1.00 Tito's  
Ghost: Storyville 2.00 Proms  
on Four 2.07 4.35 Close

**ITV2**  
1.00 Emmerdale 1.30 The  
Jeremy Kyle Show 2.35 The  
Jeremy Kyle Show 3.45 Ricki  
Lake 4.30 Sally Jessy  
Raphael 5.20 The Montel  
Williams Show 6.05 Judge  
Judy 7.00 Smallville 8.00  
Lose 30 Stone or Die 9.00  
Film: Die Hard 2 18 (1990)  
11.20 Film: Shaun of the  
Dead 15 (2004) 1.15 Judge  
Judy 1.45 Teleshopping 4.45  
ITV2 Nightscreen 6.00 Close  
**Sky One**  
1.00 Cold Case 2.00 Las  
Vegas 3.00 Stargate SG-1  
4.00 Stargate SG-1 5.00 Are  
You Smarter Than a 10 Year  
Old? 6.00 Futurama 6.30  
Malcolm in the Middle 7.00

The Simpsons 7.30 The  
Simpsons 8.00 Stargate  
Atlantis 9.00 Lost 10.00 Cold  
Case 11.00 Bones 12.00  
Road Wars 1.00 Road Wars  
1.50 Caribbean Uncovered  
2.40 The Villa 3.30 Mile High  
4.20 Dream Team 5.10 Guilty!

**UKTV Gold**  
1.00 The Two Ronnies  
Sketchbook 1.40 Keeping Up  
Appearances 2.20  
dinnerladies 3.00 My Family  
3.40 The Two Ronnies  
Sketchbook 4.20 Keeping Up  
Appearances 5.00 Last of  
the Summer Wine 5.40  
dinnerladies 6.20 My Family  
7.00 Open All Hours 7.40  
Porridge 8.20 Only Fools and  
Horses 9.00 The Vicar of  
Dibley 9.40 One Foot in the  
Grave 10.20 The Royle  
Family 11.00 The Vicar of  
Dibley 11.40 Only Fools and  
Horses 12.20 Open All Hours  
1.00 Porridge 1.40 As Time  
Goes By 2.15 In Justice 3.40  
The Bill 3.50 Casualty 4.40  
Holly City 5.35 Neighbours

**TCM**  
1.00 The Mayor of  
Castlebridge 2.00 Mark of  
the Vampire PG (1935) 3.00  
An American in Paris U  
(1951) 5.00 Bells Are Ringing  
U (1960) 7.15 Marlowe PG  
(1969) 9.00 The Outlaw  
Josey Wales 18 (1976) 11.30  
The Gypsy Moths 15 (1969)  
1.25 Mr Ricco 15 (1975) 3.05  
Teleshopping 3.20 Third  
Finger, Left Hand U (1940)  
5.00 The Brothers  
Karamazov PG (1958)  
**The Disney Channel**  
Kids' programmes from 7am,  
except:

## MOVIES

## Sky Movies Drama

6.50 La Dolce Vita 12 (1960)  
9.45 March of the Penguins  
U (2005) 11.20 Drama Close  
Up 11.50 Brokeback  
Mountain 15 (2005) With  
Heath Ledger. 2.05 Titanic  
12 (1997) With Leonardo  
DiCaprio. 5.20 Oscar Fever  
5.40 Brokeback Mountain 15  
(2005) With Heath Ledger.  
8.00 Titanic 12 (1997) With  
Leonardo DiCaprio. 11.20 The  
Godfather 18 (1972) With  
Marlon Brando. 2.25  
Mississippi Burning 18  
(1988) With Gene Hackman.  
4.45 Oscar Fever 5.05 March  
of the Penguins U (2005)

## Sky Movies Comedy

6.20 One Fine Day PG (1996)  
8.20 Comedy Close Up 8.50  
Up 'n' Under 12 (1998) 10.35  
Harold & Kumar Get the  
Munchies 15 (2005) 12.10  
The Top 10 Show 12.25  
Maverick PG (1994) With Mel  
Gibson. 2.35 Nacho Libre 12  
(2006) With Jack Black. 4.15  
Like Mike 2: Streetball PG  
(2006) With Jason Fiebig  
Washington. 6.00 One Fine  
Day PG (1996) With George

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

## SPORT

## Sky Sports 1

6.00 Live International  
Cricket, India v Sri Lanka.  
7.30 Sky Cricket Classic  
8.00 Snow Adventures 8.30  
Monday Night Football  
10.00 Big League Weekend  
11.30 International Cricket  
1.30 Big League Weekend  
3.00 Soccer AM: The Best  
Bits 4.00 Monday Night  
Football 5.30 International  
Cricket 7.30 Live FA Cup  
Football. A fifth-round  
replay. 10.00 Revista De  
La Liga 11.00 NFL: Total  
Access 11.55 U Can Do It  
12.00 FA Cup Football 1.30  
Revista De La Liga 2.30  
World Motor Sport 5.00  
Close

## Sky Sports 2

6.00 Good Morning Sports  
Fans 9.00 Snow Adventures  
9.30 Sports Adventure  
10.00 World Motor Sport  
12.30 Bass Fishing 1.30  
Thinking Tackle 2.30 World  
Motor Sport 5.00 NFL: Total  
Access 5.55 U Can Do It  
6.00 A-League 6.30 Revista  
De La Liga 7.30 Live  
Greyhound Racing. The  
Ladbroke Arc. 10.00  
Poker 12.00 Golf 3.00  
Close

## Sky Sports 3

6.00 Aerobics Oz Style  
6.30 Snow Adventures 7.00  
WWE: Afterburn 8.00 Wild  
Spirits 8.30 Sports  
Adventure 9.00 Bass  
Fishing 10.00 Thinking  
Tackle 11.00 Racing News  
11.30 Aerobics Oz Style

12.00 Wild Spirits 12.30  
Sports Adventure 1.00  
NFL: Total Access 1.55 U  
Can Do It 2.00 Snow  
Adventures 2.30 Wild  
Spirits 3.00 Bass Fishing  
4.00 Thinking Tackle 5.00  
WWE: Smackdown 7.00 Golf  
10.00 Sports Unlimited  
11.00 Motor Racing 12.00  
International Cricket 2.00  
Poker 4.00 Close

## British Eurosport

7.30 WATTS 7.45 Eurogoals  
8.30 Live Table Tennis. The  
World Team Championships  
from China. 11.00 Live WTA  
Tennis. The Dubai Tennis  
Championships. 1.30 Ski  
Jumping 2.15 Eurogoals  
3.00 Live WTA Tennis. The  
Dubai Tennis  
Championships. 5.00  
Eurogoals 5.15 Live WTA  
Tennis. The Dubai Tennis  
Championships. 6.30  
WATTS 6.45 Eurogoals 7.00  
Live Athletics. Coverage of  
the indoor meeting in  
Clermont-Ferrand. 9.00  
Boxing 11.00 World Rally  
Championship 11.30 Trial  
Bikes 12.30 Close

## Sky Sports Xtra

4.00 Snow Adventures 4.30  
Aerobics Oz Style 5.00  
Sports Unlimited 6.00 Snow  
Adventures 6.30  
Windsurfing 7.00 Pool 8.00  
International Cricket 10.00  
Pool 11.00 Snow  
Adventures 11.30 A-  
League 12.00 Sports  
Unlimited 1.00 Snow  
Adventures 1.30  
Windsurfing 2.00 Close

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PAT Care

See page 22



## BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 Take a Bow. (R) (T) 3.30 CBBC: Raven. (R) (T) 3.55 Krypto the Superdog. (R) (T) 4.10 Whizz Whizz Bang Bang. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes head to head with greed. (T)

6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)  
7.30 Rogue Traders. Matt Allwright and Dan Pentead investigate two patio companies charging thousands of pounds for final products laid so badly that they can be lifted away with minimal effort; (T) BBC News; Regional News. (T)

8.00 Sky Cops. The South Yorkshire "sky cops" are drafted in to crack down on teenage motorcyclists. The youngsters ride stolen and borrowed bikes, often without helmets, and defy officers to chase them. However, these trouble-makers are unprepared for the surprises that lie in store. Narrated by Jamie Theakston. Postponed from February 20. (R) (T)

9.00 FILM: The Rock (1996). An FBI agent enlists a veteran criminal to help bring down a renegade general holding San Francisco to ransom. Explosive thriller, with Sean Connery. Continues after the news. (T)

10.00BBC News at Ten O'Clock. (T)  
10.25Regional News; Weather. (T)

10.35The National Lottery Draws. Bradley Walsh sets the balls rolling to decide the all-important numbers. (T)

10.40FILM: The Rock (1996). Conclusion; (T) National Lottery Update. (T)

11.55FILM: Primary Colors (1998). Political satire, with John Travolta; (T) Weatherview. (T)

2.15 Sign Zone: Plane Crazy: The Transatlantic Price War? (R) (T) 2.45 Sign Zone: Olympic Dreams. (R) (T) 3.30 Sign Zone: Wanted Down Under Revisited. (R) (T) 4.15 BBC News 24. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (R) (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (T) 9.00 Charlie and Lola. (R) (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (T) 10.30 What the Ancients Did for Us. (R) (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Coast. (T) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Escape to the Country. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Britain's Dream Homes. (T) 6.00 Eggheads. (T) 6.30 Brainbox. (T) 7.00 Around the World in 80 Gardens. Monty Don explores the gardens of America. (R) (T) 8.00 MasterChef. The finalists cater for a luxury wedding. (T) 9.00 Torchwood. The team face their darkest hour and in a bid to put things right, Jack unwittingly unleashes a primal force that begins to wreak havoc across Earth. John Barrowman stars. (T) 9.50 Wonderland: The 92-year-Old Danger Junkie. The world's oldest escapologist. (T) 11.30 Newsnight; Weather. (T) 11.20 Desi DNA. (T) 11.50 Indian School: BBC Four on Two. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

## C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Britain's Deadliest Addictions; (R) (T) Burning Questions. (R) (T) 10.00 Power to the People; (R) (T) 3 Minute Wonder. (R) (T) 10.30 The KNTV Show; (R) (T) 3 Minute Wonder. (R) (T) 11.00 The Farm Revealed; (R) (T) 3 Minute Wonder. (R) (T) 11.30 KNTV - Philosophy; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Greece. (R) (T) 1.00 3 Minute Wonder: Shoeshine Stories. (R) (T) 1.05 FILM: The Wonderful Country (1959). Western, starring Robert Mitchum. (T) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Zimbabwe-on-Thames. A family celebrate the arrival of a baby. (T) 8.00 Relocation, Relocation. Revisiting a couple in the Isle of Wight. (T) 9.00 Grand Designs Revisited. Kevin McCulloch revisits architect David Westby and Leonie Whitton who bought an olive farm in the Puglia region of Italy and planned to convert it into a home on a budget of £25,000. (T) 10.00 Ramsay's Kitchen Nightmares USA. A failing pizzeria in Los Angeles. (T) 11.05 Shameless. (R) (T) 12.05 Modern Toss. (T) 12.40 4Music: Kate Nash's NME Awards: Best New Band. (R) (T) 12.50 4Music: Sadie Frost's NME Awards: Best British Band. (R) (T) 1.05 4Music: 4Play: The Enemy. (R) (T) 1.20 Love Trap. (R) (T) 2.20 Meeting Helena. (T) 2.35 FILM: Siam Sunset (1999). Comedy, starring Linus Roache. (T) 4.05 Perfect. (R) (T) 4.20 Richard & Judy. (R) 5.20 Countdown. (R) (T)

## FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.25 Funky Town. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Roobarb and Custard Too. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerfots. (R) (T) 8.20 Big School. (R) (T) 8.30 Peppa Pig. (R) (T) 8.35 Thomas & Friends. (R) (T) 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Build a New Life in the Country. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (T) 3.00 FILM: Lucky 7 (2003). Romantic comedy, starring Kimberley Williams-Paisley. (T) 5.00 five news with Natasha Kaplinsky. (R) (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 five news with Natasha Kaplinsky. (R) (T) 7.30 It Pays to Watch. Payment protection insurance; (T) 7.30 five news update. (T) 8.00 Ice Road Truckers. Drew becomes stranded when he runs out of fuel; (T) 8.00 five news at 9.00 Extraordinary People: Hope for Hayley. Update on premature ageing sufferer Hayley Okines. (T) 10.00 FILM: Bram Stoker's Dracula (1992). Francis Ford Coppola's lavish horror, starring Gary Oldman as the 15th-century vampire warrior who travels to London to find the reincarnation of his dead bride. With Winona Ryder. (T) 12.30 Poker Den: The Big Game II. 2.00 NHL Ice Hockey. 4.00 World Supercross. 4.50 Dubai X Games. (R) (T) 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

## LOCAL

**RTP1**  
0630 Bom dia Portugal 1000  
Praça da Alegria 1300 News  
1410 Prova de Amor 1515  
Portugal no Coração 1800  
Portugal em directo 1905 O  
Preço Certo 2000 News 2330  
The Missing, film 0130 Active  
Stealth, film 0400 Telesales  
0605 Nôs

**RTP2**  
0700 euronews 0715 Zig Zag  
1300 Discovery Hour 1400  
Sociedade Civil 1530 Da Terra  
ao Mar 1615 National Geographic  
1700 Zig Zag 1830 A Fé dos  
Homens 1900 Biosfera 1945  
zig Zag 2045 Friends 2115  
National Geographic 2200 News  
2240 The Nine 2330 Clube de  
Imprensa 0030 Notícias 0145  
Discovery Hour 0245  
Bastidores 03115 Biosfera  
0400 Sociedade Civil 0500  
Euronews

**SIC**  
0700 Floribella 0830 Sic Kids  
1100 Fatima 1300 News 1415  
Desajo Proibido 1500 Eternas  
Magia 1530 Contacto 1800  
Sete Pecados 1900 A Ganhar  
é que A Gente se Entende  
2000 News 2045 Sporting V  
Basileia 2215 Duas Casas 2330  
Resitirei 0030 CSI Miami 0130  
Rescue Me 0230 Quando O  
telefone Toca

**TVI**  
0700 Diário Da Manhã 1000  
Você na TV 1300 News 1400  
As Tardes da Júlia 1700 Que  
Quer Ganha 1800 Morangos  
como Açúcar - Férias de Verão  
2000 News 2115 Ilha dos  
Amores 2215 Doce Fugitiva  
2315 Tu e Eu 0015 Film TBA  
0230 Toca a Ganhar 0345 TVI  
Negócios 0400 O Portector IV  
0500 Telesales

## Best of the Rest

**BBC3**  
7.00 Find Me the Face 8.00  
Don't Tell the Bride 9.00  
Freaky Eaters 9.50  
Torchwood 10.40 Dis/  
Connected 11.35 Family Guy  
12.00 Family Guy 12.25 Two  
Pints of Lager and a Packet  
of Crisps 12.55 Find Me the  
Face 1.50 Dis/Connected  
2.50 Freaky Eaters 3.40 Don't  
Tell the Bride 4.40 Close

**BBC4**  
7.00 World News Today 7.00  
Weather 7.30 Pop Go the  
Sixties 7.35 Batman 8.00  
Monarchy: The Royal Family  
at Work 9.00 The Worlds of  
Fantasy 10.00 Masterpieces  
of Vienna 10.30 The Late  
Edition Live 11.00 Mark  
Lawson Talks to Nicholas  
Parsons 12.00 The Worlds of  
Fantasy 1.00 The Late Edition  
1.30 Mark Lawson Talks to  
Nicholas Parsons 2.30 The  
Worlds of Fantasy 3.30 The  
Late Edition 4.00 Close

**ITV2**  
1.00 Airline USA 1.30 The  
Jeremy Kyle Show 2.35 The  
Jeremy Kyle Show 3.45 Ricki  
Lake 4.30 Sally Jessy  
Raphael 5.20 The Montel  
Williams Show 6.05 Judge  
Judy 7.00 Smallville 8.00  
Coleen's Real Women 9.00  
Film: Shaun of the Dead 15  
(2004) 10.55 Film: 8 Mile 15  
(2002) 1.05 Coronation Street  
1.30 Teleshopping 4.30 ITV2  
Nightscreen 6.00 Close

**Sky One**  
1.00 Cold Case 2.00 Las  
Vegas 3.00 Stargate SG-1  
4.00 Stargate SG-1 5.00 Are  
You Smarter Than a 10 Year  
Old? 6.00 Futurama 6.30  
Malcolm in the Middle 7.00

The Simpsons 7.30 The  
Simpsons 8.00 The Simpsons  
8.30 The Simpsons 9.00  
Project Catwalk 10.00 Nothing  
but the Truth 11.00 Law &  
Order 12.00 Road Wars 1.00  
Road Wars 1.50 Caribbean  
Uncovered 2.40 The Villa 3.30  
Mile High 4.20 Dream Team  
5.10 Guilty!

**UKTV Gold**  
1.00 The Two Ronnies  
Sketchbook 1.40 Keeping Up  
Appearances 2.20  
dinnerladies 3.00 My Family  
3.40 The Two Ronnies  
Sketchbook 4.20 Keeping Up  
Appearances 5.00 Last of the  
Summer Wine 5.40  
dinnerladies 6.20 My Family  
7.00 New Tricks 8.00 Waterloo  
Road 9.00 Jekyll 10.10 Only  
Fools and Horses 11.40 The  
Catherine Tate Show 12.20  
Jekyll 1.30 Waterloo Road  
2.30 In Justice 3.25 Casualty  
4.15 Holby City 5.20  
Neighbours 5.40 Neighbours

**TCM**  
1.00 International Velvet PG  
(1978) 3.00 Woman of the  
Year PG (1942) 5.00 Brando  
Lace The Honey Pot U (1967)  
9.00 Diner 15 (1982) 11.00  
Savage Messiah 18 (1972)  
12.45 Shaft's Big Score 15  
(1972) 2.30 Teleshopping 2.45  
Humoresque PG (1946) 5.00  
Dream Wife U (1953)

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## MOVIES

## Sky Movies Drama

6.40 To Catch a Thief PG  
(1955) 8.40 Oscar  
Nominations Special 9.10  
Lawrence of Arabia PG (1962)  
12.55 Little Miss Sunshine  
15 (2006) With Toni Collette.  
2.55 Oscar Fever 3.15 Shane  
PG (1953) With Alan Ladd.  
5.25 Drama Close Up 5.55  
Little Miss Sunshine 15  
(2006) With Toni Collette.  
8.00 Lawrence of Arabia PG  
(1962) With Peter O'Toole.  
11.35 The Godfather: Part II  
18 (1974) With Al Pacino.  
2.55 Rosemary's Baby 18  
(1968) With Mia Farrow. 5.25  
Shane PG (1953)

## Sky Movies Comedy

6.20 Rookie of the Year PG  
(1993) 8.10 She's the Man 12  
(2006) 10.00 Little Man 12  
(2006) 11.40 The Wedding  
Singer 12 (1998) With Adam  
Sandler. 1.20 The  
Benchwarmers 12 (2006) With  
Rob Schneider. 2.50  
Christmas in Boston PG  
(2005) With Maria Sokoloff.  
4.20 She's the Man 12 (2006)  
With Amanda Bynes. 6.20  
Mouse Hunt PG (1997) With

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The  
Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30  
Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00  
Dickinson's Real Deal. (R) (T) 2.30 The Alan Titchmarsh  
Show. (T) 3.30 The Royal Today. (T) 3.59 London  
Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the game  
show based on life-changing amounts of  
cash hidden inside Golden Balls. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)  
7.00 Emmerdale. Katie returns from hospital and  
is confronted by Perdy, who reveals all about  
Gray's sexuality. Victoria and Diane start to  
build bridges, and Paul asks his parents to  
stop arguing. (T)

7.30 Coronation Street. A disillusioned Ryan de-  
cides he wants to move out and asks Liam  
if he can stay with him. Jamie gets a job in  
London and David's jealousy drives Tina away.  
(T)

8.00 The Bill. Sally and Will follow up a report from  
a shocked driver who accidentally hit a  
pedestrian with her car, only to see the victim  
run off. The trail leads to teenage runaway  
Adam Younger, who is bleeding from a  
shotgun wound after befriending homeless  
Jimmy Chadwick and getting involved with a  
professional hit-man. A sting operation is  
called off when the gun-tan turns up looking  
for the teenager. (T)

9.00 Taggart. Reid and Ross investigate the  
discovery of a mutilated body on a remote  
island, but find the locals strangely uncommu-  
nicative and struggle to make headway.  
Back in Glasgow, Burke and Fraser link the  
victim to a drugs operation thanks to a tattoo  
on his arm - but just as the tide appears to  
have turned in their favour, a mysterious  
disappearance complicates the case still  
further. (T)

10.00 News at Ten and Weather; Weather. (T)  
10.35 Dexter. New crime drama, starring Michael C  
Hall as a forensic expert who leads a double  
life as a serial killer, executing criminals who  
have escaped justice. In his first case,  
Dexter becomes intrigued by a murderer who  
has found a way of claiming victims without  
leaving any tell-tale bloodstains. With James  
Remar and Julie Benz. (T)

11.40 Marbella Belles. Louise Truelove reveals  
she's planning to make the most of her staff  
discount at the clinic by having another  
breast enlargement operation. Barbs em-  
barks on a shopping trip with her friend Ian to  
buy a boat, hoping a mooring on the marina  
will improve her social life. (R) (T)

12.10 Nightwatch with Steve Scott: Crime. (T) 1.55  
The Bank Job: World Premiere Special; (R) (T) ITV  
News Headlines. 2.20 Loose Women. (R) (T) 3.10 The  
Jeremy Kyle Show. (R) (T) 4.05 ITV Nightscreen.

## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans  
9.00 Revista De La Liga 10.00  
FA Cup Football 11.30 Revista  
De La Liga 12.30 A-League  
1.00 FA Cup Football 2.30  
Revista De La Liga 3.30 FA Cup  
Football 5.00 Revista De La  
Liga 6.00 Boots 'n' All 7.00  
European Tour Weekly 7.30  
Futbol Mundial 8.00 Live  
Spanish Cup Football. A semi-  
final first-leg match from the  
Copa Del Rey. 10.00 You're on  
Sky Sports! 11.30 Futbol  
Mundial 12.00 Total Rugby  
12.30 Spanish Cup Football  
2.30 You're on Sky Sports!  
4.00 Futbol Mundial 4.30 Sports  
Unlimited 5.30 Close

## Sky Sports 2

6.00 Aerobics Oz Style 6.30  
Snow Adventures 7.00 WWE:  
Heat 8.00 Sports Unlimited 9.00  
Snow Adventures 9.30 Wild  
Spirits 10.00 Poker 12.00 Golf  
3.00 Poker 5.00 NFL: Total  
Access 5.55 U Can Do It 6.00  
Total Rugby 6.30 Snow  
Adventures 7.00 Transworld  
Sport 8.00 Boots 'n' All 9.00  
Total Rugby 9.30 European  
Tour Weekly 10.00 Boots 'n' All  
11.00 NFL: Total Access 11.55  
U Can Do It 12.00 Ten Pin  
Bowling 1.00 Boots 'n' All 2.00  
Poker 4.00 Close

## Sky Sports 3

8.00 Golf 11.00 Racing News  
11.30 Aerobics Oz Style 12.00  
Sports Unlimited 1.00 NFL:  
Total Access 1.55 U Can Do It  
2.00 Snow Adventures 2.30  
Sports Adventure 3.00 Sports  
Unlimited 4.00 Pool 5.00 WWE:

Bottom Line 6.00 WWE:  
Afterburn 7.00 Ten Pin Bowling  
8.00 World Pool Trickshots  
10.00 Transworld Sport 11.00  
World Pool Trickshots 1.00 Max  
Power 2.00 Transworld Sport  
3.00 Close

## British Eurosport

7.30 Laureus Sports Awards  
8.00 World Superbikes 9.00  
Live Biathlon. World Cup  
coverage from Pyeongchang  
in South Korea. 10.30 Live  
WTA Tennis. The Dubai Tennis  
Championships. 11.45 Live  
Table Tennis. The World Team  
Championships from China.  
2.00 Biathlon 3.00 Live Cross-  
Country Skiing. World Cup  
coverage from Stockholm. 3.45  
Live WTA Tennis. The Dubai  
Tennis Championships. 5.00  
Eurogals 5.15 Live WTA  
Tennis. The Dubai Tennis  
Championships. 6.30 Biathlon  
7.30 Adventure 8.00  
Wednesday Selection 8.05  
Riders Club 8.10 US Tour Golf  
9.10 Golf Club 9.15 Yacht Club  
9.20 Sailing 9.25 Wednesday  
Selection 9.30 Athletics 10.00  
Biathlon 11.00 Adventure 11.30  
WATTS 11.45 Eurogals 12.00  
Olympic Magazine 12.30 Close

## Sky Sports Xtra

4.00 Snow Adventures 4.30  
Aerobics Oz Style 5.00 Ten Pin  
Bowling 6.00 Aerobics Oz Style  
6.30 Yachting 7.00 Watersports  
World 8.00 Max Power 9.00  
British Motocross 10.00  
Watersports World 11.00 Snow  
Adventures 11.30 Yachting  
12.00 British Motocross 1.00  
Snow Adventures 1.30  
Yachting 2.00 Close

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## BBC1

6.00 Breakfast. (T) 9.15 Animal 24-7. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 Take a Bow. (R) (T) 3.30 CBBC: 3.30 Raven; (R) (T) Thumb Wrestling Federation: TWFF. (R) (T) 4.05 Best of Friends. (T) 4.35 The Smoke House. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (T)

6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 The ONE Show. (T)

7.30 EastEnders. Max is convinced Tanya is falling for his charms, but she's not giving anything away, Ian misinterprets suggestions from Clare and lands himself in an embarrassing situation. Jay wants to go into hiding to avoid Tig's threatening mother Tina, but Dawn risks facing up to her. An embarrassed Charlie is under pressure as news of his behaviour with Yolande travels around Walford; (T) BBC News; Regional News. (T)

8.00 Waterloo Road. Sameen learns her family is to be deported back to Iran, but when the immigration officials arrive, she barricades herself inside the school changing rooms with Aleesha and Danielle. Eddie is furious when he learns Rachel hasn't called the council regarding Stuart Howley, and Tom and Davina come to a difficult decision. (T)

9.00 Ashes to Ashes. Gene comes up against a socialist feminist group when a man's death he initially treated as suicide becomes the subject of a murder inquiry. Chris uses the arrest of every member as an opportunity to impress Shaz with his knowledge of women's issues, while Ray dates a communist. An intriguing code found by Alex and deciphered by the desk sergeant lead the team closer to the truth. (T)

10.00 BBC News at Ten O'Clock. (T)  
10.25 Regional News; Weather. (T)  
10.35 Question Time. (T)  
11.35 This Week; (T) Skiing Weather.  
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Edwardians in Colour: The Wonderful World of Albert Kahn. (R) (T) 1.25 Sign Zone: Lark Rise to Candleford. (R) (T) 2.25 Sign Zone: Olympic Dreams. (R) (T) 3.10 Sign Zone: Wanted Down Under Revisited. (R) (T) 3.55 BBC News 24. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (R) (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Charlie and Lola. (R) (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 Schools: The Chat Room. (T) 10.50 Let's Write Non-Fiction. (T) 11.10 Coming to England. 11.30 See You, See Me. (T) 11.50 Henry's Wives with Terry Deary. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Open Gardens. (R) (T) 1.30 Sun, Sea and Bargain Gettin' Dom. (R) (T) 2.15 Don't Get Done. (R) (T) 3.00 Escape to the Country. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Britain's Dream Homes. (T) 6.00 Eggheads. (T) 6.30 Brainbox. (T) 7.00 Torchwood. The team face their darkest hour. (T) 7.50 Torchwood Declassified. Burn Gorman discusses the character of Owen Harper. (T) 8.00 MasterChef. The final of the culinary contest. Last in series. (T) 9.00 That Mitchell and Webb Look. A historian struggles to control his arms. (T) 9.30 The Catherine Tate Show. Jill Halfpenny guest stars. (R) (T) 10.00 Empty. New comedy series, starring Gregor Fisher and Billy Boyd. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Tropic of Capricorn. (R) (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

## Pick of the Day

## Rough Guide to Islands (five, 7.30pm)

Mountains, glaciers, volcanoes and deserts - Iceland has it all, yet the country still remains a relatively undiscovered destination, until now, that is. This week's programme sees Julia Bradbury explore the extremes of this beautiful island, while Toby Amies explores the unique wildlife of Madagascar. Over the course of a busy few days, Julia travels across a glacier on a snowmobile, watches explosive geysers and relaxes in hot mineral pools formed from the natural overspill of one of Iceland's geothermal energy plants. She also gets to grips with the local cuisine, sampling puffin meat and vodka shots, before enjoying a thrash-metal gig on a night out in Reykjavik. Meanwhile, Toby heads to the Indian Ocean to Madagascar, an extraordinary island off the east coast of Africa. Madagascar has a unique ecosystem as a result of its long isolation from neighbouring continents. With little time to waste, Toby heads to Masaola Peninsula, Madagascar's largest National Park, where he explores the rainforest in which 75 per cent of the plant and animal life cannot be found anywhere else on Earth. Here he spots the legendary Madagascan red-ruffed lemur and a tomato frog, two creatures indigenous to this incredible island.

## C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Britain's Deadliest Additions; (R) (T) Burning Questions. (R) (T) 10.00 Power to the People; (R) (T) 3 Minute Wonder. (R) (T) 10.30 The KNTV Show; (R) (T) 3 Minute Wonder. (R) (T) 11.00 The Farm Revealed; (R) (T) 3 Minute Wonder. (R) (T) 11.30 KNTV - Philosophy; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Spain: Year Two. (R) (T) 1.00 A Place in Spain: Year Two. (R) (T) 1.25 FILM: Anne of the Indies (1951). High-seas adventure, starring Jean Peters. (T) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Zimbabwe-on-Thames. A mother pines for her family in Zimbabwe. Last in series. (T) 8.00 Jamie at Home. Jamie Oliver prepares dishes using homegrown brassicas. (T) 8.30 Jamie at Home. Pickling and preserving homegrown foods. Last in series. (T) 9.00 The Girls Who Were Found Alive. The abduction of Charlene Lunn and Lisa Hoodless. (T) 10.00 The Big Bang Theory. Leonard asks a woman out. (T) 10.30 Skins. (T) 11.40 The Sopranos. (T) 12.50 Autopsy: Emergency Room. (R) (T) 1.50 Bodyshock: Kill Me to Cure Me. (R) (T) 2.50 Freshports on 4. (R) 3.20 Transworld Sport. (R) (T) 4.10 Grudge Match. (R) (T) 4.15 Richard & Judy. (R) 5.15 Countdown. (R) (T)

## FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Roobarb and Custard Too. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Filo and the Flowerfots. (R) (T) 8.20 Big School. (R) (T) 8.30 Peppa Pig. (R) (T) 8.35 Thomas & Friends. (R) (T) 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Build a New Life in the Country. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (T) 3.00 FILM: Columbo: A Bird in the Hand (1992). Crime drama, starring Peter Falk. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Rough Guide to Islands. Iceland and Madagascar; (T) 7.30 five news update. 8.00 Build a New Life in the Country - Was It Worth It? Revisiting an ambitious project in Norfolk; (T) 8.00 five news at 9. 9.00 The Sharkman. A man who free-dives with and studies great white sharks. (T) 10.00 FILM: Species II (1998). An astronaut returns from a mission transformed into a deadly alien determined to propagate his species. Sci-fi sequel, with Natasha Henstridge and Michael Madsen. (T) 11.55 Quiz Call. 4.00 Football Argentina. 4.40 Dutch Football. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

## LOCAL

## RTP1

0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 News  
1410 Prova de Amor 1515  
Portugal em Coração 1800  
Portugal em Directo 1855 O  
Preço Certo 2000 News 2330  
Frantic, film 0145 Jane Doe 4  
T11 Death to Us Apart, film  
0415 Teleseles 0605 Nôs

## RTP2

0700 Euronews 0715 Zig Zag  
1300 Discovery Hour 1400  
Sociedade Civil 1530 Da Terra  
Ao Mar 1600 National  
Geographic 1715 Zig Zag 1830  
A Fé dos Homens 1900  
Iniciativa 1945 Zig Zag 2045  
Freinds 2115 National  
Geographic 2200 News 2240  
Sobrenatural 2330 Balança &  
Contas 0030 Noites 2 0115  
Universidades 0145  
Discovery Hour 0245  
Iniciativa 0330 Liga dos  
Ultimos 0400 Sociedade  
Civil 0530 Euronews

## SIC

0700 Floribella 0830 Sic Kids  
1100 Fatima 1300 News 1415  
Eterna Magi 1445 O Profeta  
1515 Contacto 1600 Film TBA  
1800 Film TBA 2000 News  
2215 Paraíso Tropical 2315  
Vingança 0015 CSI New York  
0115 CSI Las Vegas 0215  
Film TBA

## TVI

0700 Diário Da Manhã 1000  
Vocé na TV 1300 News 1400  
Tarde de Julia 1700 Quem  
Quer Ganhar 1800 Morangos  
Com Açúcar 2115 Ilha dos  
Amores 2215 Dóce Fugitiva  
2330 Tu e Eu 0100 Escritório  
0200 Cartaz das Artes 0230  
Toca a Ganhar 0345 TVI  
Negócios 0400 Protector IV  
0445 Teleseles

## Best of the Rest

## BBC3

7.00 Spendaholics 8.00  
Freaky Eaters 9.00 Dawn  
Gets a Baby 10.00  
EastEnders 10.30 Bizarre  
ER 11.00 The Real Hustle  
Las Vegas 11.30 Family  
Guy 11.55 Family Guy  
12.15 Dawn Gets a Baby  
1.15 Bizarre ER 1.45 The  
Real Hustle Las Vegas 2.15  
Freaky Eaters 3.10  
Spendaholics 4.10 Close

## BBC4

7.00 World News Today 7.00  
Weather 7.30 Masterpieces  
of the East 8.00 Michael  
Wood: The Story of India  
9.00 Jonathan Meades:  
Magnetic North 10.00  
Ashes to Ashes 11.00 Pop  
Britannia 12.00 How Pop  
Songs Work 1.00 Jonathan  
Meades: Magnetic North  
2.00 Pop Britannia 3.00  
Jonathan Meades:  
Magnetic North 4.00 Close

## ITV2

1.00 Airline USA 1.30 The  
Jeremy Kyle Show 2.35 The  
Jeremy Kyle Show 3.45  
Ricki Lake 4.30 Sally Jessy  
Raphael 5.20 The Montell  
Williams Show 6.05 Movies  
Now 6.15 Judge Judy 6.40  
Smallville 7.40 American  
Idol 9.00 Coleen's Real  
Women 10.00 Supernatural  
11.00 Entourage 11.30 The  
Office: An American  
Workplace 12.00 Coleen's  
Real Women 1.00 Entourage  
1.30 The Office: An  
American Workplace 2.00  
Teleshopping 5.00 ITV2  
Nightscreen 6.00 Close

## Sky One

1.00 Cold Case 2.00 Las  
Vegas 3.00 Stargate SG-1

4.00 Stargate SG-1 5.00  
Are You Smarter Than a  
10 Year Old? 6.00 Futurama  
6.30 Malcolm in the Middle  
7.00 The Simpsons 7.30  
The Simpsons 8.00 The  
Simpsons 8.30 The  
Simpsons 9.00 Bones  
10.00 Cold Case 11.00  
Prison Break 12.00 Road  
Wars 1.00 Road Wars 1.50  
Grease Uncovered 2.40  
The Villa 3.30 Mile High  
4.20 Dream Team 5.10  
Guilty!

## UKTV Gold

1.00 Porridge 2.00  
dinnerladies 2.40 My Family  
3.20 Last of the Summer  
Wine 4.00 dinnerladies 4.40  
My Family 5.20 Keeping Up  
Appearances 6.00 Only  
Fools and Horses 7.30  
Meades: Magnetic North  
8.00 The Greatest Moment  
9.00 When Were We Funniest?  
11.00 Morecambe and Wise  
- The Greatest Moment  
12.30 When Were We  
Funniest? 2.20 2point4  
Children 2.50 The Bill 3.40  
Casualty 4.35 Holby City  
5.35 Neighbours

## TCM

1.00 A Tale of Two Cities  
3.00 The Wheeler Dealers  
U (1963) 5.00 Brando 6.25  
Green Dolphin Street PG  
(1947) 9.00 Soylent Green  
15 (1973) 11.10 Sitting  
Target 15 (1972) 12.45 The  
Outfit 15 (1973) 2.25  
Teleshopping 2.40  
Weekend at the Waldorf U  
(1945) 5.00 The Gazebo  
PG (1959)

## The Disney Channel

Kids' programmes from  
7am, except:

## Sky Movies Drama

7.35 Paper Moon PG (1973)  
9.25 Rocky PG (1976) 11.30  
The Last King of Scotland 15  
(2006) With Forest Whitaker.  
1.35 Terms of Endearment 15  
(1983) With Shirley MacLaine.  
3.50 Capote 15 (2005) With Philip  
Seymour Hoffman. 5.50 The Last  
King of Scotland 15 (2006) With  
Forest Whitaker. 8.00 Terms of  
Endearment 15 (1983) With  
Shirley MacLaine. 10.15 The  
Departed 18 (2006) With Jack  
Nicholson. 12.50 Rocky PG  
(1976) With Sylvester Stallone.  
3.00 Hustle and Flow 15 (2005)  
With Terrence Howard. 5.05  
Rocky PG (1976)

## Sky Movies Comedy

6.00 Roll Bounce PG (2005)  
8.00 The Butcher's Wife 15  
(1991) 9.50 Cheaper By the  
Dozen 2 PG (2005) 11.30 Crazy  
People 15 (1990) With Dudley  
Moore. 1.10 The Top 10 Show  
1.30 Groundhog Day PG (1993)  
With Bill Murray. 3.10 Just  
Friends 12 (2005) With Ryan  
Reynolds. 4.50 Stopt Or My

Mom Will  
Shoot PG  
(1992) With  
Sylvester  
Stallone.  
6.20 Cheaper  
By the Dozen  
2 PG (2005)  
With Steve  
Martin. 8.00  
Groundhog  
Day PG  
(1993) With  
Bill Murray.  
9.45 Just  
Friends 12

## Sky Movies Action

(2005) With Ryan Reynolds.  
11.25 Crazy People 15 (1990)  
With Dudley Moore. 1.00 The  
Butcher's Wife 15 (1991) With  
Demi Moore. 2.50 Stopt Or My  
Mom Will Shoot PG (1992) With  
Sylvester Stallone. 4.25 Roll  
Bounce PG (2005)

## Sky Movies Action

6.50 The Black Dahlia 15 (2006)  
9.00 Action & Thriller Close Up  
9.30 The Hunter 15 (1980) 11.20  
The Transporter 2 15 (2005) With  
Jason Statham. 1.00 Snakes on a  
Plane 15 (2006) With Samuel L.  
Jackson. 3.00 The Top 10 Show  
3.20 The Black Dahlia 15 (2006)  
With Josh Hartnett. 5.30 The  
Librarian: Quest for the Spear 12  
(2004) With Noah Wyle. 7.20 The  
Transporter 2 15 (2005) With Jason  
Statham. 9.00 Snakes on a Plane  
15 (2006) With Samuel L. Jackson.  
10.50 Crank 18 (2006) With Jason  
Statham. 12.25 Silent Rage 18  
(1982) With Chuck Norris. 2.10  
Catch a Fire Special 2.25 Last  
Seduction 11.18 (1997) With Joan  
Severance. 4.05 The Librarian:  
Quest for the Spear 12 (2004) 5.55  
Action & Thriller Close Up

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## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25  
The Jeremy Kyle Show. (T) 10.30 This Morning.  
(T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime  
News. (T) 2.00 Dickinson's Real Deal. (R) (T)  
2.30 The Alan Titchmarsh Show. (T) 3.30 The  
Royal Today. (T) 3.59 London Weather. (T) 4.00  
Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Game show, hosted by  
Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Jo struggles to run the farm  
in Jack's absence and rages at Diane  
when she offers her help. Nicola notices  
David is distracted, while the De Souza's  
give the Kings some competition. (T)

7.30 Tales from the Country. Tony Francis  
and Selina Scott take a look at the court-  
ship rituals of animals and insects, and an  
artist attempts to capture painting hares  
on canvas. (T)

8.00 The Bill. Club owner Iain Andain looks  
certain to escape rape and assault charges  
for the third time in his seedy career when  
Sam agrees to drop charges in return for  
information about a major drug dealer.  
Callum is determined the unsavoury  
lowlife won't get away with it yet again and  
encourages his indignant young constables  
Will and Ben to dish out their own  
brand of justice. (T)

9.00 Trial & Retribution. Part one of two.  
Walker is approached by a friend to  
investigate the disappearance of his sister  
eight years ago, and he soon links the  
case to a corpse found in a buried box. (T)  
10.00 News at Ten and Weather; Weather. (T)  
10.35 Moving Wallpaper. The Christian Viewers'  
Association complain about episode seven  
and Nancy invites them to meet the crew,  
believing the show has pushed the bounda-  
ries and needs to be toned down. Tom  
steps up his flirtation with Kelly but, stung  
by a remark from Jonathan, sets out to  
write a deeply emotional scene to prove  
he is not shallow. Comedy spin-off from  
Echo Beach, starring Ben Miller and Raquel  
Cassidy. (R) (T)

11.05 Echo Beach. Abi prepares the beach hut  
for a special night with Jimmy, but he is  
reeling from Mark and Susan's revela-  
tions about his father's identity. Narinder  
gives Charlie the brush-off. (R) (T)

11.35 Grimebusters. Mick clears up a batch of  
contaminated meat in Smithfield Market,  
while Terry and Simon deal with a selection  
of unpleasant blockages. (R) (T)

12.05 Nightwatch with Steve Scott: Emergency;  
(T) ITV News Headlines. 1.55 Loose Women. (R)  
(T) 2.40 The Jeremy Kyle Show. (R) (T) 3.35 ITV  
Nightscreen.

## SPORT

## Sky Sports 1

6.00 Boots 'n' All 7.00 Futbol  
Mundial 7.30 European Tour  
Weekly 8.00 Live European  
Tour Golf. The Johnnie  
Walker Classic. 12.00  
Women's Golf 2.00 Futbol  
Mundial 2.30 Total Rugby  
3.00 Live Winning Post  
Special. The Dubai  
International Racing  
Carnival. 7.00 Premier  
League World 7.30 Live  
Premier League Darts. From  
the Bournemouth  
International Centre. 11.00  
The Rugby Club 12.30  
Premier League World 1.00  
Women's Football 2.30  
Premier League World 3.00  
Live International Cricket.  
Australia v Sri Lanka.

## Sky Sports 2

6.00 Good Morning Sports  
Fans 9.00 Spanish Cup  
Football 11.00 Ten Pin  
Bowling 12.00 Spanish Cup  
Football 2.00 European Tour  
Golf 6.00 The Rugby Club  
7.30 Live Women's Football.  
Everton v Arsenal (Kick-off  
7.45pm). 9.45 Spanish Cup  
Football 11.45 Premier  
League World 12.15 Golf  
Night 2.45 Spanish Cup  
Football 4.45 Close

## Sky Sports 3

6.00 Aerobics Oz Style 6.30  
Snow Adventures 7.00  
WWE: Experience 8.00  
Transworld Sport 9.00 Snow  
Adventures 9.30 Total  
Rugby 10.00 Boots 'n' All  
11.00 Racing News 11.30  
Aerobics Oz Style 12.00

Watersports World 1.00  
NFL: Total Access 1.55 U  
Can Do It 2.00 Boots 'n' All  
3.00 Watersports World  
4.00 NFL: Total Access 4.55  
U Can Do It 5.00 WWE: Heat  
6.00 Snow Adventures 6.30  
ATP Tennis 7.00 Golf Night  
9.30 WWE: Late Night - Raw  
11.30 Extreme  
Championship Wrestling  
12.30 Premier League Darts  
4.00 Close

## British Eurosport

7.30 Adventure 8.00  
Biathlon 9.00 Live Biathlon.  
World Cup coverage from  
Pyeongchang in South  
Korea. 10.15 Live WTA  
Tennis. The quarter-finals  
of the Dubai Tennis  
Championships. 11.45 Live  
Table Tennis. The World  
Team Championships from  
China. 2.00 Biathlon 3.00  
Live WTA Tennis. The  
quarter-finals of the Dubai  
Tennis Championships. 5.00  
Eurogoals 5.15 WTA  
Tennis 6.30 Biathlon 7.30  
Boxing 8.00 Boxing 9.30  
World Rally Championship  
10.00 Showtime Reality  
10.45 Showtime Reality  
11.30 World Touring Car  
Championship 12.00 World  
Rally Championship 12.30  
Close

## Sky Sports Xtra

3.00 Transworld Sport 4.00  
Ten Pin Bowling 5.00 Netball  
7.00 Race World 8.00 The  
Rugby Club 9.30 Netball  
11.30 Race World 12.30  
World Hockey Monthly 1.00  
Snow Adventures 1.30 ATP  
Tennis 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBeebies: Take a Bow. (R) (T) 3.30 CBBC: Basil's Game Show. (T) 3.55 Krypto the Superdog. (R) (T) 4.10 Freefonix. (T) 4.35 The Smoke House. (T) 5.00 Newsround. (T)

5.15 **Weakest Link**. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, eliminating the poorest players as they go. (T)

6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 The ONE Show. (T)  
7.30 Inside Out. Documentary series focusing on stories of interest to the region; (T) BBC News; Regional News.

8.00 **EastEnders**. Sean spends an evening with Tanya's kids, but is then shocked by her decision about Max. Ian is keen to make a good impression at Edward's party, but worries about Clare's interference. Dawn has to persuade Jay to give evidence against Tegs, and Jack has some hard truths for Bradley. (T)

8.30 A Question of Sport. World snooker champion John Higgins, equestrian star Pippa Funnell, decathlete Dean Macey and Formula one driver Mark Webber join team captains Matt Dawson and Phil Tufnell for another round of the quickfire quiz. Presented by Sue Barker. (T)

9.00 New Tricks. The team reopen a 1992 abduction case when the woman who disappeared turns up alive and well, claiming she was never kidnapped in the first place. Halford suspects the apparent victim's mother of faking the incident to get her ex-husband to pay the ransom. Drama, starring Amanda Redman, James Bolam and Dennis Waterman. (R) (T)

10.00 BBC News at Ten O'Clock. (T)  
10.25 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. The host presents a showcase of celebrity chat, musical performances and topical commentary on the week's big events. (T)

11.35 The National Lottery EuroMillions Draw. Sarah Cawood presents the National Lottery EuroMillions weekly draw. (T)

11.40 Damages. Patty tries to contain the damage caused by the sudden disappearance of star witness Gregory, while Ellen's attentions are diverted by her father's pending troubles with the law. A trap is set for an informant who has been promised money for undermining the case. Legal drama, starring Glenn Close and Rose Byrne. (R) (T)  
12.00 FILM: Final Jeopardy (2001). Thriller, starring Dana Delany. (T) 1.45 Sign Zone: Horizon. (R) (T) 2.35 Sign Zone: Olympic Dreams. (R) (T) 3.20 Sign Zone: Wanted Down Under Revisited. (R) (T) 4.05 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround. (T) The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Charlie and Lola. (R) (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 Schools: See You, See Me. (T) 10.50 Primary History. (T) 11.10 English Express. (T) 11.30 Rod's Mission. (T) 11.45 Something Special. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 Animal Park. (T) 2.15 Don't Get Done. Get Dom. (R) (T) 3.00 Escape to the Country. (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (T) 5.15 Britain's Dream Homes. (T) 6.00 Eggheads. (T) 6.30 Brainbox. (T) 7.00 Heathrow: Ready for Take Off? Libby Potter investigates what the future holds for Heathrow Airport and its owner BAA, which has had its services disrupted in recent years by strike threats, security alerts and bad weather. (T) 7.30 An Island Parish. The world's smallest radio station officially launches. (R) (T) 8.00 Gardeners' World. New series. Monty Don makes plans for Berryfields. (T) 9.00 Spartacus. Docudrama examining the life of the legendary freedom fighter. (T) 10.00 QI. With Dara O'Briain and Arthur Smith. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review. (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.35 Star Trek: The Next Generation. (R) (T) 1.20 Star Trek: The Next Generation. (R) (T) 2.05 FILM: Thirst (1979). Vampire horror, starring Chantal Contouri. (T) 3.40 BBC News 24. 4.05 Close.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Britain's Deadliest Additions; (R) (T) Burning Questions. (R) (T) 10.00 Power to the People; (R) (T) 3 Minute Wonder. (R) (T) 10.30 The KNTV Show; (R) (T) 3 Minute Wonder. (R) (T) 11.00 The Farm Revealed; (R) (T) 3 Minute Wonder. (R) (T) 11.30 KNTV - Philosophy; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Spain: Year Two. (R) (T) 1.00 FILM: Donovan's Reef (1963). Comedy drama. John Wayne and Lee Marvin star. (T) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 Unreported World. Reporter Sam Kiley travels into Russia's Arctic North to assess President Vladimir Putin's legacy, and discovers corruption, poverty and alcoholism are still rife. (T) 8.00 A Place in the Sun: Home or Away. Properties in Kent and Northern Spain. (T) 9.00 Walliams and Lucas: New Heroes of Comedy. Profile of the Little Britain stars. (T) 10.00 Alan Carr's Celebrity Ding Dong. With Johnny Vegas and Jermaine Jackson. (T) 10.50 The Law of the Playground. (T) 11.25 The Big Bang Theory. (R) (T) 11.50 NME Awards 2008. (T) 1.30 4Music: JD Set Presents Make Model. (T) 1.40 Goalissimo. 2.30 World Cup Snowboard. 4.25 Richard & Judy. (R) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Roobaro and Custard Too. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Big School. (R) (T) 8.30 Peppa Pig. (R) (T) 8.35 Thomas & Friends. (R) (T) 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trish in the Country. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (T) 3.00 FILM: Plainsong (2004). Emotional drama, starring Aidan Quinn. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Massive Speed. Chris Barrie visits the Isle of Man, where races have been held since 1907, to learn more about the evolution of the motorcycle, from the 1914 Rudge Multi to modern-day superbikes; (T) 7.30 five news update. 8.00 Ice Road Trukers. TJ is separated from the convoy during an Arctic storm; (T) 8.00 five news at 9. 9.00 NCIS. A wanted terrorist threatens to unleash a chemical attack. (T) 10.00 Law & Order: Special Victims Unit. A cancer patient is murdered. (R) (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Quiz Call. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan Titchmarsh Show. (T) 3.30 The Royal Today. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the game show based on life-changing amounts of cash hidden inside Golden Balls. (T)

6.00 London Tonight. Weather. (T)

6.30 ITV Evening News; Weather. (T)  
7.00 Emmerdale. Jo expresses her guilt about losing her temper with Diane and is caught off guard when Victoria speaks in her step-mother's favour. Matthew tries to get information about the De Souza council bid, while Donald makes Carl a surprise offer. David ends his relationship with Nicola. (T)

7.30 Coronation Street. Violet takes advantage of the leap year and pops the question to Jamie, while Lauren jeopardises the couple's clandestine plans to flee Weatherfield. A smitten David decides to get Tina's name tattooed on his arm and Steve considers looking for a bigger place to live. (T)

8.00 Bringing Down the House: Tonight. (T)

8.30 Coronation Street. Following a tip-off from Lauren, an incredulous Sean races to stop Violet and Jamie leaving with baby Dylan, while Tina shows her disgust for David's declaration of love. (T)

9.00 Moving Wallpaper. Nancy thinks the writers are too old and urges Jonathan to fire one of them, while Carl develops a morbid obsession with death. Comedy spin-off from Echo Beach, starring Ben Miller. (T)

9.30 Echo Beach. Narinder's brother arrives in Polnarren with revelations for Ivy about his sister, while Dan anxiously awaits the results of the paternity test. Angela urges Mark to be honest with Susan about their affair. Soap, starring Jason Donovan and Martine McCutcheon, with Christopher Bisson and Susie Amy. (T)

10.00 Al Murray's Happy Hour. Richard and Judy and England rugby captain Phil Vickery join the Pub Landlord for banter and some nonsense chat. KT Tunstall provides the music. (T)

11.00 The Late News and Weather; Weather. (T) 11.40 Real Crime: The Perverted World of Marc Dutroux. The case surrounding the Belgian paedophile who received life imprisonment in 2004 for kidnapping, rape and murder. The trial raised many questions about the police investigation. (R) (T)

12.40 Nightwatch with Steve Scott: Emergency; (T) ITV News Headlines. 2.25 FILM: The Great Waldo Pepper (1975). Action adventure, starring Robert Redford. (T) 4.15 Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 News  
1410 Prova de Amor 1515  
Portugal no Coração 1800  
Portugal em Directo 1905 O  
Preço Certo 2000 Teleseas  
2100 Contra 2130 Sabe Mais  
que um Miúdo de 10 anos?  
2230 Sexta, à Noite 0030  
Magazine 0100 Gloria, film  
0300 Só Visto 0400 Teleseas  
RTP2  
0700 EuroNews 0715 Zig Zag  
1300 Discovery Hour 1400  
Sociedade Civil 1530 da Terra  
ao Mar 1600 National  
Geographic 1700 Zig Zag 1830  
A Fé dos Homens 1900 A Alma  
e a Gente 1945 zig Zag 2045  
Friends 2115 National  
Geographic 2200 News 2245  
O amor no Alasca 2330  
Comunetary Hour 0030 Noites  
da 2 0115 Sempre em Pé 0215  
Palco 0330 Sociedade Civil  
0500 Euronews

SIC

0700 Floribella 0830 Sic Kids  
1100 Fatima 1300 News 1415  
Eterna Magi 1445 O Profeta  
1515 Contato 1800 Pé na Janta  
1900 Ganhar é Que se Gane  
Se Entende 2000 News 2115  
Chiquititas 2215 Paraíso  
Tropical 2315 Vingança 0015  
CSI Las Vegas 0130 Circuit 2  
Final Punch, film 0330 Polhar  
da Serpente  
TVI  
0700 Diário Da Manhã 1000  
Você na TV 1300 News 1400  
Mundialito de Futebol de Praia  
1700 Quem Quer Ganha 1745  
Morangos com Açúcar - Férias  
de Verão 2000 News 2115  
Euromilhões 2130 Ilha dos  
Amores 2215 Doce Fugitiva  
2330 Tu e Eu E003 Film TBA

Best of the Rest

BBC3

7.00 Top Gear 8.00 The Most  
Annoying People of the Year  
2007 9.00 Lily Allen and Friends  
9.45 Upstaged 10.00 EastEnders  
10.30 Two Pints of Lager and a  
Packet of Crisps 11.00 Little  
Britain 11.30 Family Guy 11.55  
Family Guy 12.15 Lily Allen and  
Friends 1.00 The Most Annoying  
People of the Year 2007 1.55  
Two Pints of Lager and a Packet  
of Crisps 2.25 Bizarre ER 2.55  
Dawn Gets a Baby 3.55 Close

BBC4

7.00 World News Today 7.00  
Weather 7.30 Transatlantic  
Sessions 8.00 Legends: Al Bowly  
- The Very Thought of You 9.00  
Rob Brydon's Identity Crisis  
10.00 Emmylou Harris's 10  
Commandments of Country  
11.00 Emmylou Harris at the  
BBC 11.35 Batman 12.00  
Batman 12.25 Emmylou Harris's  
10 Commandments of Country  
1.25 Legends: Al Bowly - The  
Very Thought of You 2.25 Rob  
Brydon's Identity Crisis 3.25  
Transatlantic Sessions 3.55  
Close

ITV2

1.00 Airline USA 1.30 The Jeremy  
Kyle Show 2.35 The Jeremy Kyle  
Show 3.45 Ricki Lake 4.30 Sally  
Jessy Raphaël 5.20 The Montel  
Williams Show 6.05 Judge Judy  
7.00 Smallville 8.00 Coleen's Real  
Women 9.00 American Idol 10.20  
American Idol 11.20 Hey Paula!  
11.50 Coronation Street 12.15  
Coronation Street 12.45 Coleen's  
Real Women 1.40 Teleshopping  
4.40 ITV2 Nightscreen 6.00 Close

Sky One

1.00 Cold Case 2.00 Las Vegas  
3.00 Stargate SG-1 4.00 Stargate  
SG-1 5.00 Are You Smarter Than  
a 10 Year Old? 6.00 Futurama

6.30 Malcolm in the Middle 7.00  
The Simpsons 7.30 The Simpsons  
8.00 Brainiac: Science Abuse  
9.00 Ross Kemp on Gangs 10.00  
Film: Kung Foo Killer (2007) 11.40  
Road Wars 12.40 Weeds 1.15  
The Weeds 1.50 The Villa 2.45 Mile  
High 3.40 Dream Team 4.30  
America's Dumbest Criminals  
4.55 Bite Size Brainiac 5.10  
Guilty!

UKTV Gold

1.00 Victoria Wood as Seen on  
TV 1.40 Keeping Up Appearances  
2.20 dinnerladies 3.00 My Family  
3.40 Victoria Wood as Seen on  
TV 4.20 Keeping Up Appearances  
5.00 Last of the Summer Wine  
5.40 dinnerladies 6.20 My Family  
7.00 New Tricks 8.05 The Vicar  
of Dibley 9.00 Blackadder the  
Third 9.40 Blackadder II 10.20  
Film: Shanghai Knights 12 (2003)  
12.30 Blackadder the Third 1.10  
Blackadder II 1.50 New Tricks  
2.50 What a Carry On! 3.20  
Casualty 4.10 Holby City 5.15  
Neighbours 5.35 Neighbours

TCM

1.00 The Asphalt Jungle PG  
(1950) 3.00 The Philadelphia  
Story U (1940) 5.05 Our Mother's  
House PG (1967) 7.00 Somebody  
Up There Likes Me PG (1956)  
9.00 The Jazz Singer PG (1980)  
11.05 Westworld 15 (1973) 12.40  
Hit Man 15 (1972) 2.10  
Teleshopping 2.25 The King's  
Thief U (1955) 3.50 The Mask of  
Fu Manchu PG (1932) 5.00  
Sergeant York U (1941)

The Disney Channel

Kids' programmes from 7am,  
except: 6.00 Film: Minutemen  
PG (2008) Premiere. Sci-fi  
comedy, starring Jason Dolley.  
9.30 Film: Minutemen PG (2008)  
Premiere. Sci-fi comedy, starring  
Jason Dolley.

MOVIES

Sky Movies Drama

7.10 The Guns of Navarone  
PG (1961) 9.50 Drama Close  
Up 10.20 Titanic 12 (1997)  
1.45 Cinema Paradiso: The  
Special Edition 15 (1988)  
With Philippe Noiret. 5.00  
The Top 10 Show 5.20 The  
Guns of Navarone PG  
(1961) With Gregory Peck.  
8.00 Titanic 12 (1997) With  
Leonardo DiCaprio. 11.15  
Unforgiven 15 (1992) With  
Clint Eastwood. 1.40  
Rosemary's Baby 18 (1968)  
With Mia Farrow. 4.10 A  
Funny Thing Happened on  
the Way to the Forum PG  
(1966)

Sky Movies Comedy

6.20 Shooting Fish 12 (1997)  
8.20 You've Got Mail PG  
(1998) 10.25 The Break-Up  
15 (2006) 12.15 The Top 10  
Show 12.35 The Truth about  
Cats and Dogs 15 (1995)  
With Uma Thurman. 2.15  
Last Holiday 12 (2006) With  
Queen Latifah. 4.15 Fat  
Albert U (2004) With Kenan  
Thompson. 6.00 You've Got  
Mail PG (1998) With Tom  
Hanks. 8.00 Police  
Academy 6: City Under

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

Siege PG (1989) With Bubba  
Smith. 9.30 The Break-Up  
15 (2006) With Jennifer  
Aniston. 11.30 The Truth  
About Cats and Dogs 15  
(1995) With Uma Thurman.  
1.10 Last Holiday 12 (2006)  
With Queen Latifah. 3.10  
Shooting Fish 12 (1997)  
5.10 Police Academy 6: City  
Under Siege PG (1989)

Sky Movies Action

6.25 Eddie Macon's Run 15  
(1983) 8.15 The Game 15  
(1997) 10.35 The House  
Next Door 12 (2006) 12.20  
Eddie Macon's Run 15  
(1983) With John  
Schneider. 2.10 The Game  
15 (1997) With Michael  
Douglas. 4.30 Batman and  
Robin PG (1997) With  
George Clooney. 6.45  
Action & Thriller Close Up  
7.15 The House Next Door  
12 (2006) With Lara Flynn  
Boyle. 9.00 16 Blocks 12  
(2006) With Bruce Willis.  
10.45 Blow Out 18 (1981)  
With John Travolta. 12.40  
Lucky Number Slevin 18  
(2006) With Josh Hartnett.  
2.35 Marathon Man 18  
(1976) With Dustin Hoffman.  
4.45 Batman and Robin PG  
(1997)

Sky Sports 1

6.00 Live International Cricket.  
Australia v Sri Lanka. 11.30  
Premier League World 12.00  
Spanish Cup Football 2.00  
Women's Football 3.30  
International Cricket 5.30  
Premier League World 6.00 Big  
League Weekend 7.00 Live  
Rugby League. Leeds Rhinos v  
Melbourne Storm (Kick-off  
7.30pm). 9.30 Live Friday Fight  
Night. Kevin McIntyre v Kevin  
Anderson. 11.30 Premier  
League Preview 12.00 Big  
League Weekend 1.00 Premier  
League Preview 1.30 World Sport  
2.00 Friday Fight Night 4.00 Big  
League Weekend 5.00 Premier  
League Preview 5.30 World Sport

Sky Sports 2

6.00 Transworld Sport 7.00 Race  
World 8.00 Live European Tour  
Golf. The Johnnie Walker  
Classic. 12.00 Women's Golf  
2.00 Premier League World 2.30  
British Ice Hockey 4.00 Live  
Rugby Union. The Lions v  
Western Force (Kick-off  
4.30pm). 6.30 Live Rugby Club.  
The Stormers v The Crusaders  
(Kick-off 6.35pm). 8.30  
International Cricket 10.30 Big  
League Weekend 11.30 NFL:  
Total Access 12.25 U Can Do It  
12.30 Rugby League 2.30 Tight  
Lines 3.30 World Sport 4.00  
Snow Adventures 4.30 NFL: Total  
Access 5.25 U Can Do It 5.30  
ATP Tennis

Sky Sports 3

6.00 Good Morning Sports Fans  
9.00 Netball 11.00 Racing News  
11.30 World Hockey Monthly  
12.00 Transworld Sport 1.00

NFL: Total Access 1.55 U Can  
Do It 2.00 Snow Adventures  
2.30 World Hockey Monthly 3.00  
Race World 4.00 NFL: Total  
Access 4.55 U Can Do It 5.00  
WWE: Raw 7.00 Premier League  
Preview 7.30 Golf Night 10.00  
WWE: Late Night - Smackdown  
12.00 WWE: Late Night - Bottom  
Line 1.00 Golf Night 3.30 British  
Ice Hockey 5.30 Snow  
Adventures

British Eurosport  
7.30 Table Tennis 9.00 Adventure  
9.30 World Touring Car  
Championship 10.00 Live  
Biathlon. World Cup coverage  
from Pyeongchang in South  
Korea. 10.45 Live Alpine Skiing  
12.00 Nordic Combined Skiing  
1.15 Live Nordic Combined  
Skiing. The World Cup meeting  
from Lahti. 2.00 WTA Tennis  
3.00 Live WTA Tennis. The Dubai  
Tennis Championships. 5.00 Live  
Ski Jumping. The qualifying  
session from Lahti, Finland. 6.00  
Eurogoals 6.30 Biathlon 7.00  
Strongest Man 8.00  
Timbersports Series 8.30  
Timbersports Series 9.00 World  
Superbikes 11.00 Eurogoals  
11.30 Yoz Magazine 12.00  
Eurogoals 12.30 Close

Sky Sports Xtra

6.00 Aerobics Oz Style 6.30  
World Hockey Monthly 7.00  
WWE: Raw 9.00 The Rugby Club  
10.30 Premier League Darts 2.00  
European Tour Golf 6.00 Snow  
Adventures 6.30 World Sport  
7.00 Tight Lines 8.00 British Ice  
Hockey 10.00 Premier League  
Preview 10.30 Snow Adventures  
11.00 Tight Lines 12.00 Rugby  
Union 2.00 Rugby Union 4.00  
Rugby League

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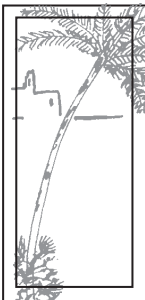
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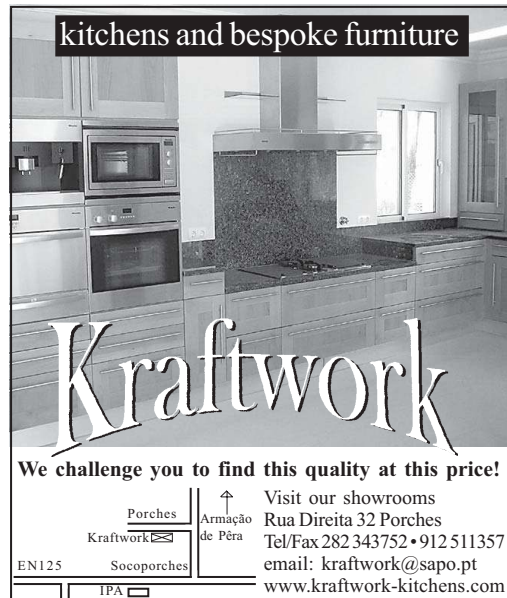


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Please see p.18



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Please see our main advert on the Property services pages & don't forget to quote **The Portugal News** when responding.

### Xpat Care

Special Health Insurance. Full cover with great savings. **10% off your first premium**  
Contact 707 500 028

Please see our main advert on the Health pages & don't forget to quote **The Portugal News** when responding.

### Fi-Line Fashion

Sizes 12 - 22  
Sale now on. **25% - 50% discounts**  
Contact 282 312 936

Please see our main advert on the Company Finder pages & don't forget to quote **The Portugal News** when responding.

### Senses... skin care centre

**Win Dermalogica Face Treatments** for an entire year (worth over €300)  
Contact 282 762 261  
info@senses-skincare.com

Please see our main advert on the Health pages & don't forget to quote **The Portugal News** when responding.

### GB Documents agency

**10% discount** on all your bureaucratic agency fees  
Contact: 282 341 888  
Mobile: 911 133 803

Please see our main advert on the Company finderpages & don't forget to quote **The Portugal News** when responding.

### World Telecom - Communicate

All your telecom needs in English on one bill.

**Gold Pack: €27.49** - Line rental + either 250, 200 or 150 mins calls to fixed lines.

**Green Pack: €37.49** - Line rental + 500, 400 or 300 mins calls to fixed lines

**Blue Pack: €56.79** - Line Rental + Internet (ADSL or portable) either 250, 200 or 150 mins calls to fixed lines

**Red Pack: €66.79** - Line rental + Internet (ADSL or portable) + 250 mins calls to fixed lines from either phone. (This price includes **€10 discount** for 6 months - 24 month contract)

Contact 707 500 600

### Thomas Green's (Olhos D'Agua) -

Best of British supermarket. Linda McCartney frozen veg. products: **25% off**. Carr's table water biscuits: **1/2 price**. Butterkist sweet popcorn: **1/2 price**. Hovis strong bread flour: **1/2 price**. Allinsons self raising & strong brown w/meal flour: **1/2 price**. Contact: 289 541 119

Please see our main advert on the algarve news pages & don't forget to quote **The Portugal News** when responding.

### Intasure

Property Insurance that speaks your language  
**Up to 40% risk related discount**  
Contact 707 500 025

Please see our main advert on the World View page & don't forget to quote **The Portugal News** when responding.

### Response Alarms

Home security systems  
**10% discount** on all Security Systems  
Contact: - 918 987 093

Please see our main advert on the Company finder Pages & don't forget to quote **The Portugal News** when responding.

### Standing Ovation

Events, weddings & party Organisers  
If you can imagine it - we can organise it  
**5% off tickets** for events organised by standing ovation  
Contact 914 599 933

Please see our main advert on the News pages & don't forget to quote **The Portugal News** when responding.

### Viagem dos Sentidos

Exotic Articles & Decoration  
Massage  
**5% discount**  
Contact 918 939 776 or 214 649 314

Please see our main advert on the Lisbon page & don't forget to quote **The Portugal News** when responding.

### Onefone

The low cost, no frills mobile  
**Save up to 75%** on your mobile phone bills.  
From only €10 a month including 50 free minutes

Onefone - cheap to call from, cheap to call to  
Contact 707 500 600

### gardeur direct

High quality Ladies clothing from Europe  
**SALE NOW ON**  
Call 282 788 630 or www.gardeurdirect.com

Please see our main advert on the Company finder Pages & don't forget to quote **The Portugal News** when responding.

### Geraldes

Landscaping Design, Construction & Maintenance  
**Free estimates**  
Contact 913 407 507 or 289 328 255

Please see our main advert on the Gardening Page & don't forget to quote **The Portugal News** when responding.

## New Business?

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For info, please email bella@the-news.net



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Complete 4 star luxury for only £105 per night.  
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Part of the Portugal-info Network

Please see our main advert on the travel pages & don't forget to quote **The Portugal News** when responding.



## Announcements

## URGENT

We have Mr & Mrs F. and Mr & Mrs C. arriving late February / early March seeking 3 / 4 bedroom detached villa in Armção de Pêra / Porches. Budget upto €700,000.

## Contact:

Tel: 282 402 180

Mob: 913 273 996

to make an appointment or visit us at:

www.myporugalproperty.com

## WE SELL FASTER

**CASA - WELL-KNOWN** local social club (over 300 members) who raise money to help many needs in the area. Open to all, with a monthly newsletter of events and dinners (local venues for reasonable prices). Plus outings to interesting places in Portugal and Spain. Find out more by calling Mary 282 357 275.

**LIONS CLUB DE LOULÉ** - Spring sale, Sunday March 2nd, 9.30 - 12.00 at centro comunitario, Almancil. Nearly new clothes, shoes, linen, bric-a-brac, books at bargain prices. Admission free. Refreshments available. Phone 289 416 659.

**LIFE CHALLENGES US** - Feeling confused. Don't know what to do? Contact Elizabeth Shaper. 45 years counseling experience, Lagos area. Tel: 964 295 935.

## Bureaucracy

**TRANSLATIONS PERSONAL / LEGAL.** Many years experience, Tel/Fax: 282 484 776 Mobile 919 194 319 English / Portuguese / English.

**Michelle's**  
Bureaucratic Assistance  
919 881 959

## Business Opportunities

**PORTUGUESE REG. COMPANY.** Do you know welding? Are you 45 to 50 years old? Knowledge of Portuguese and German? Phone 912 691 012.

## GOODWILL FOR SALE.

Small business in Commercial Centre for key cutting, shoe repairs, accessories & leather works. Excellent business opportunity. Please contact 966 454 682.

**Classified Hotline**  
707 500 646

**SMOOTHIE MAXX.** Would you like to run your own Smoothie Maxx distribution business? Smoothies are a huge growth area in the drinks market. This is due to consumers demanding vitamin packed health drinks to enhance their healthier lifestyles. We have seen enormous sales growth both in the UK & Ireland over the past two years. We are now branching out into Spain and Portugal where the market will prove to be considerable more lucrative for our dedicated distributors. The outlets for the products are located by the Smoothies Maxx team. We are now offering a limited number of areas for suitable candidates within Portugal. A smoothie Maxx distributorship offers you an immediate income from day one. You can secure your Smoothie Maxx distributorship from only €24,950. For further information on these opportunities please contact Dylan Bailey on +34 692 033 172.

## Charities

**LAGOS ANIMAL** Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

**THE ANIMAL** charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

**CAR BOOT** Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

**ABA CHARITY** shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

**WANTED: THE** donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

**DONKEYS, DOGS** and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

## Education

**PORTUGUESE FOR** Foreigners. Individual and group lessons by university teacher with International experience. Mobile 969 294 504.

**CONVERSATION-BASED** Portuguese group courses starting regularly. Individual lessons and evening classes available. Centro de Línguas de Lagos. Call 282 761 070. (Recognised by the Ministry of Education.)

**MATHEMATICS EXPERIENCED** teacher helps you prepare all IB and GCSE exams in Linha do Estoril. Also Portuguese exams and University tuition. Phone 938 070 720.

**MATHEMATICS PRIVATE** tutor. American, English, and Portuguese curriculum. 935 202 367.

## Entertainment

## Circo Pequeno

bouncy castles, clowns, jugglers, face painting, etc.

Tel: 916 622 976  
or 917 038 555  
tim@gomez.net

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**ALGARVEAN'S EXPERIMENTAL** Theatre Group are active all year and need you as a member. Are you good with a needle or do you like to paint? Happy to go on stage and perform or would you prefer to assist backstage? Young or old join in the fun with play readings starting soon. Ring Jackie on 282 687 410 or email jackiemajor@sapo.pt or check out our new web address: www.thealgarveans.com

**BOWLS IN** Algarve. Join your local Bowling Club. For more info call 914 147 623.

## For Sale Private

**TWO TEAK** garden chairs, foldable, (one needs slight repair) €25; Swedish style easy chair, blue cover, as new €15. Tel.: 912 759 461.

**POOL TABLE** - 7ft x 4ft, slate bed, brand new re-cloth and accessories, €650, PING PONG TABLE, outdoor model, new bats and balls, €150. - can deliver - Tel: 917 846 242.

## ALAN'S LUSH BAR - ALVOR

2 guaches from well known Dutch artist

Anton Heyboer

(1925-2005)

580 x 108cm

acrylic on paper

one chicken, one animal

€825.00 each

Tel: 913 066 027

**2X DYNACORD SPEAKERS** (4 way speakers) (15 inch woofer EV) 360 watts peak 220 nom €400. Roland G-800 intelligent synthesizer (with built in rhythm) €700. Contact Tony on 914 186 258 or leave message [after 1.00 pm]

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Large selection.  
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Tel.: 282 332 379,  
Fax 282 332 380  
casteren@sapo.pt

**AS NEW,** Pool table €550. can deliver. Come and have a look. Call. 966 006 666.

**2 PROFESSIONAL** Singer sewing machines with tables for sale. Ideal for dress-makers and soft furnishing makers. One straight stitch and one over locking, medium to heavy duty. Excellent condition, hardly used. €600 each. Tel: 935 697 033 to view and more information.

**FOR SALE** Edesa chest freezer. 60 x 66 x 88cms. €45. Tel: 282 789 539 Mobile: 961 824 152. Buyer collects.

**FIRE WOOD** - all Algarve. Call 282 332 340 or 282 445 445.

## Health and Beauty

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24 hr service.  
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## CHIROPODODY TREATMENT

at your home.

Mirjam Seybold.

Nurse Chiropodist

Tel: 282 913 435 or

916 723 964

**CANCARE.** HAVE you been affected by Breast Cancer? We are a small group who meet 1st Wednesday of the month for a coffee or snack at Cássima Café, Loulé (off the swimming pool roundabout) 1pm - 3pm. Come along to our informal meeting for support, advice or just a chat. For more information call Vi on 289 882 680.

**FULLY QUALIFIED** Pilates teacher available for one to one sessions in the comfort of your own home or in Guia. Also available to teach in gyms, clubs, hotels. Please call Shelley 913 362 221.

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## Home Improvements



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**SHEET PLYWOOD.** 8ft by 4ft = 18mm = €65. 8ft by 4ft = 12mm = €45.  
**FLOORING CHIPBOARD** T-G. 8ft by 2ft = 22mm = €27. 100mm by 50mm Plained 2.40mts CLS = €12. 200mm by 47mm Tannerised Joists 4.20mts length = €59. Tel: 963 598 216.

**IM PAINTING (THE ALGARVE).** I'm painting villas, houses, apartments, out buildings, ironwork, interiors, exteriors, smooth paint, textured paint, repairs, up to 15 years guarantee, references and previous work available to view. call Ian on 914 417 622 or 914 417 690 or 282 332 181. if you want it painted, we have it covered

## Jobs Offered

**SALES CONSULTANT** Portimão. Office job. Online real estate agency. Send CV info@buybusinessinportugal.com

## HEAD CHEF - LAGOS

We have a fantastic opportunity for a Head Chef to come and join our friendly team at a new Restaurant to be opened in the Algarve on

a thriving Golf Club Resort. We are looking for someone who is passionate and has the determination and drive to uphold the reputation we wish to achieve. You will be ensuring that quality & high levels of service are exercised at all times.

You must be extremely dedicated, with the flair and imagination to continually raise standards, improving quality and revenue within the Restaurant. Must be able to speak English and Portuguese.

To learn more of this fabulous opportunity please email deirdre.morgan@crowngroup.co.uk

**SULCARE** is looking for a committed sales representative, English and Portuguese essential, knowledge of MS-office, full time or part time, Tel. 289 417 243 or info@sulcare.com.

**NOW HIRING** chef and waiter (m/f) for small Fine Dining near Carvoeiro, English and Portuguese essential, experience helpful. Please contact Christian 969 517 429.

**MALE ROADIE** type required. Albufeira based. To assemble mobile boutique and transport equipment daily. From March to October. More details call 967 922 645.

**NEED SOMEONE** for 2-times a week relex-massage in TAVIRA. €40 / week. Tlm: 916 707 861.



**UK ENERGY** supply company requires telephone operatives to deal with UK companies. Based in Central Alcantarilha. Full training given. Tel: Sharon on 915 282 780.

**WE ARE** looking for enthusiastic and motivated skipper to join our watersports crew. You must have experience in driving a boat and have a license, English speaking essential. [polvo@btinternet.com](mailto:polvo@btinternet.com)

**ALMANCEIL RESTAURANT** requires commas chef and waiting staff, experience preferred, f/t and p/t. Tel. 964 953 605.

**SALES REPRESENTATIVE.** Highly reputable British Tour Operator requires a Sales Rep for the Albufeira or Vilamoura areas. We would like to invite applications from fluent English speakers who have experience in sales and customer service, preferably within tourism although this is not essential as training will be given. Ideally you will already live in or around the Albufeira or Vilamoura areas, have a full driving license and your own car, and be flexible in terms of working hours which will be across 5 days. The role itself will offer a 6 month contract with a competitive basic salary and generous commission structure. If interested please send your CV with a covering letter to [cosmosfaro@hotmail.co.uk](mailto:cosmosfaro@hotmail.co.uk) or fax to 289 898 910.

## Jobs Wanted

**GRAPHIC DESIGNER,** professional and experienced, seeks new clients. Specialist in promotional material (expert copy-writing also provided). Contact Ray on: 283 975 273 mobile: 913 272 448.

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## Personal

**Explorers & Climbers**  
Mother & toddler group meets every Tuesday at 9.45am - 11.30 am.



Crafts, songs and lots of fun ... **Where?** Lagoa Christian Fellowship hall, Vale de Louzas, EN125, Alcantarilha. Refreshments available. Contact Elaine for more details on 916 447 407.

## Mums & Tots



Tuesdays 10.00am - 12 Noon. Meet friends, coffee, fun, playing, puppets. ICC Church Hall, Lagos.

For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site [www.icc-lagos.org](http://www.icc-lagos.org) or call 282 697 546 or 282 086 804.

**ALCOHOLICS ANONYMOUS - Algarve. WEEKLY MEETINGS:** Mon.: Portimão 7.30pm. Tues.: Alcantarilha 1.00pm; Alcantarilha 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Alcantarilha 7.30pm. Thurs.: Pêra 7.30pm; Tavira 7.30pm. Fri.: Alcantarilha 1.00pm; Portimão 7.30pm. Sat.: Alcantarilha 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA917 483 478. GSO Lisbon AA Tel.: 217 162 969.

**Every Saturday Morning**  
10-12am at ICC Lagos  
5 to 12 year olds  
Food \* Games \* Music \* Fun Competitions \* Drama!!  
**BRING A FRIEND!!!!!!**  
Tel: 282 086804 or see [icc-lagos.org](http://icc-lagos.org) for location

**ALCOHOLICS ANONYMOUS** English speaking meetings 7pm Sun., St Paul's Church, Av. dos Bombeiros Voluntários, Estoril. Mobile: 965 059 949.

**ALCOHOLICS ANONYMOUS** New meeting in East Algarve, Tavira. English speaking meeting 7:30 Thurs. 30 Rua Dr. Parreira, Tavira mobile 916 013 265.

## Pets

**ABANDONED PETS** need homes & lots of love. Mobile 963 455 358.

**STOP THE killing!** Before buying or breeding pets, consider the many unwanted / abandoned animals looking for homes. Many unwanted pets are euthanized! Kittens: call Nora on 282 459 207 (evenings). Adult animals: call Peter 965 019 796. To find an animal: call Michele 919 457 263. Email Happy hounds@mail.telepac.pt

**AWAY ON** holiday or business? PET CARE in their own home, daily feeding and walking by friendly couple in the Algarve. References available. Tel.: 964 230 285.

**ARE YOU** looking for a pet? I currently rescue kittens & cats, puppies and dogs; maybe I have your future companion. Call Valérie (Donkey Sanctuary) 913 860 865 or 282 342 823. [lili10.evann@yahoo.fr](mailto:lili10.evann@yahoo.fr)

**The Algarve Cattery in Alcantarilha.**  
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Mobile 00351 912 388 266

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**SAVE MONEY** on gardening in 2008. We have the newest concept in garden design. We also service your property, inside and out. Contact [okteam@iol.pt](mailto:okteam@iol.pt) or 964 744 090 and ask for Pia.

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## Property for Rent

**APARTMENT TO RENT.** Santa Barbara de Nexe Area - August. Apartment over farmhouse in rural setting. Fully equipped. Suit couple. Tel: Maxine on 917 267 948.

**ALCANTARILHA** area 2 bedroom town house with communal pool, quiet location. Winter / spring / long let available now. Contact 912 306 258.

**LAGOS, TOWN** centre & Meia Praia, a selection of T1 & T2 & T3 apartments available for winter & spring lets. Available now. Contact 913 393 268.

**ODIAXERE, SPACIOUS** modern & new T2 apartment available NOW for long term rent. Contact 912 306 258.

## ALBUFEIRA

Estudio, apartamentos T1 e T2 no Surfal, Açoteias, equipados para veraneantes no Algarve, próximo aos campos de golfe, a 1km da praia da Falesia, c/ TV parabólica: D, E, I, Fr, disponíveis para aluguer. **Studio, 1 & 2 bedroom apartments in Surfal, Açoteias, equipped for visitors to the Algarve, near golf course, 1km from Falesia beach, with D, E, I, Fr, satellite TV, available for rent.** Studio-wohnung, sowie 1 u. 2 SZ-wohnung in Surfal, Açoteias. Ausgestattet für Algarveurlauber, in der Nähe eines Golfplatzes. 1km vom "Falesia-Strand", TV Sat. TV in D, E, I, Fr, frei zur Vermietung.  
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Mob: 968 928 664

**3 BEDROOM** villa with courtyard and small pool. (nr. Intermarké, Lagos) Long let. Contact 913 393 268

**SANTA BARBARA**, 3 bedroom rustic property. Pool, large garden. €1100. plus bills. Tel: 914 653 111. More properties wanted.

**CARVOEIRO CENTRE.** Long term rent. 2 bedroom apartment. Available February. Fully furnished. 500m to the beach. Parking. Tel: 282 357 052 or 918 880 345.

**ALBUFEIRA TOWNHOUSE.** Three Bedrooms, Three bathrooms, Furnished, A/C-Heating, Log Fire, integral Garage, Communal Gardens and pool, long let. 289 391 771 or 969 996 602.

## Property for Sale

**HIGH QUALITY** villas - detached, 4 bedroom houses with pool and/or basement. Presently under construction, purchaser has opportunity to choose finishes. Prices from €430,000. Located at 5 minutes from the beach of Armação de Pêra and 10 minutes from the Amendoeira Golf Resort. Purchase direct from the builder. Mobile: 966 570 158. [www.joao-nunes.com](http://www.joao-nunes.com).

**T3 - 115 square metres,** garage, fireplace, central heating, 500m from the beach. Area Jardins da Parede / Cascais. Tel: 966 883 626. €275,000.00

**GARAGE FOR SALE.** Carvoeiro centre. Freehold. €18,000. o.n.o. First nearest cash offer buys. Tel: 962 531 376.

## 5 MINS FROM CARVOEIRO, GOLF & BEACHES

**4 bed townhouse. 2 baths** (1 en-suite), sitting/dining room, w/c, office, plus 2nd reception room (used as 5th bedroom).

Set over 3 floors. Front & back garden, large terraces & patio, views over lake & landscaped municipal garden. Air conditioning throughout, wood burner, solar panel.

Close to schools & all amenities. Must be seen. Reduced price for quick sale. €330,000.

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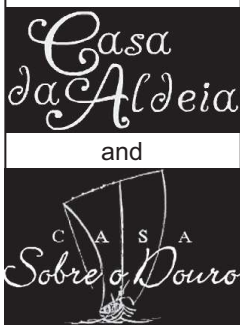
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|--|------------------------------------|
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|  | * Reduced for quick sale: €315,000 |
|  | * 3 bedrooms                       |
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|  | * Ideal Family Home.               |

Call 932 845 977



## FOR SALE:



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# FC Porto face uphill task after German defeat

Portuguese league champions FC Porto lost the first-leg of their last 16 Champions League clash on Tuesday evening to a solitary goal that could make their task of qualifying for the quarter-finals for a second year running tougher than initially expected.

FC Porto were this week defeated 1-0 on the stage where they claimed one of their most famous victories in their relatively illustrious history.

It was at the home stadium of German team Schalke 04 at Gelsenkirchen that FC Porto, led by José Mourinho, won the 2004 Champions League final by thrashing Monaco 3-0.

But the Oporto team was to experience no such glory on Tuesday evening.

A goal three minutes after the start by German international striker Kevin Kuranyi, after a fumble by Brazilian international goalkeeper Helton proved the difference between the two sides.

FC Porto, which qualified top of their group that included one of Europe's traditional form teams Liverpool, will be disappointed with the result, especially as an away goal in Oporto by Schalke for the return leg in a fortnight will see FC Porto requiring three goals to move into the quarter-finals of this lucrative competition.



Schalke 04's Rafinha (L) is challenged by FC Porto's Bruno Alves (C) during their Champions League quarterfinals match in Gelsenkirchen, Germany, late Tuesday. (Photo: EPA/Achim Scheidemann)

## FC Porto top sporting achievement table

According to a study conducted by Deloitte, FC Porto is currently the highest ranked team in the world when it comes to clubs who have performed best the past decade.

Sharing top spot with Germany's Bayern Munich, FC Porto fans are those who are likely to have gone home happiest the past ten years after their team had taken the field.

According to the criteria used by Deloitte, which only considered national leagues and cup competitions (including the Champions League but not the UEFA Cup), the Dragons won 13 trophies between the 1996/97 and 2006/07 seasons.

Over the past decade, FC Porto won seven league titles, five Portuguese Cups and the Champions League.

Excluded are FC Porto's victories in the UEFA Cup, Intercontinental Cup and the Portuguese Super Cup, where Portugal's league and cup winners play each other.

Bayern Munich has exactly the same record as their Portuguese counterparts.

The top ten clubs are after FC Porto and Bayern Munich, as follows: Boca Juniors and Celtic

(ten trophies each), Manchester United and Glasgow Rangers (nine each), Ajax, PSV Eindhoven, River Plate (eight), Arsenal and Real Madrid (seven).

The top 20 is completed with Barcelona, AC Milan, Lyon, Chelsea, Sporting, Corinthians, Cruzeiro, Inter, Juventus and Lazio.

### SUPERLEAGUE FIXTURES DAY 20

| MATCH                | DATE     | TIME  | TV      |
|----------------------|----------|-------|---------|
| Guimarães-Naval      | Friday   | 20h30 | SportTV |
| Amadora-Leiria       | Saturday | 16h00 |         |
| Belenenses-Marítimo  | Saturday | 18h00 | SportTV |
| FC Porto-P. Ferreira | Saturday | 20h15 | SportTV |
| Nacional-Leixões     | Sunday   | 16h00 |         |
| Setúbal-Sporting     | Sunday   | 19h15 | TVI     |
| Benfica-Braga        | Sunday   | 20h00 | SportTV |
| Académica-Boavista   | Monday   | 19h45 | SportTV |

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